

# **Product Spotlight:** Avocado

Avocados are nutrient and energy dense. Being plant-based, they contain no cholesterol. In fact, they are high in good fats, which can help lower cholesterol!



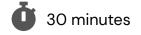
# Spice it up!

To spice it up, serve this dish with your favourite hot sauce, a sprinkle of dried chilli, slices of fresh red chilli or jalapeño!

# **Naked Burrito**

# with Chipotle and Lime Dressing

Filling vegetables and black beans sautéed in a custom-blend Mexican spice mix and served over nutty brown rice with slices of fresh avocado and creamy chipotle lime dressing.



15 September 2023



2 servings



TOTAL FAT CARBOHYDRATES

65g

### FROM YOUR BOX

BROWN RICE	150g
GREEN CAPSICUM	1
ZUCCHINI	1
RED ONION	1
TINNED BLACK BEANS	400g
GARLIC CLOVE	1
MEXICAN SPICE MIX	1
TOMATO PASTE	1 sachet
AVOCADO	1
LIME	1
CHIPOTLE & LIME DRESSING	1 sachet

# FROM YOUR PANTRY

oil for cooking, 1 vegetable stock cube

#### **KEY UTENSILS**

large frypan, saucepan

#### **NOTES**

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.





### 1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes, or until tender. Drain and rinse.



# 2. PREPARE THE VEGETABLES

Dice capsicum and zucchini. Slice onion. Drain and rinse beans.



# 3. SAUTÉ THE AROMATICS

Heat a large frypan over medium-high heat with oil. Add onion and cook for 3 minutes. Add crushed garlic clove, spice mix and tomato paste. Cook for a further minute until fragrant.



# 4. SIMMER BURRITO FILLING

Add remaining vegetables to pan. Pour in 1 cup water and crumble in 1/2 stock cube. Simmer, semi-covered for 15-18 minutes until vegetables are tender.



# **5. PREPARE THE TOPPINGS**

Dice avocado. Wedge lime. Set aside along with chipotle and lime dressing.



# 6. FINISH AND SERVE

Divide rice among shallow bowls. Top with burrito filling. Add fresh toppings and drizzle over chipotle and lime dressing.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au** 



