



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!




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.

 30 minutes

 2 servings

 Vegetarian

15 September 2023

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!

Per serve: **PROTEIN** 18g **TOTAL FAT** 43g **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.



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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**

