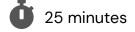




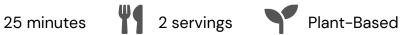
Cuban Black Beans

with Brown Rice

Deliciously spiced black beans, cooked with tomatoes and onion, served on brown rice, topped with avocado, charred corn, and a zesty touch of lime and coriander. Deliciously vibrant and satisfying.







Switch it up!

You can add a tin of diced tomatoes to cook the beans and turn this dish into a bean chilli! Add the corn to cook with the beans, and mash the avocado for guacamole.

TOTAL FAT CARBOHYDRATES

21g

108g

FROM YOUR BOX

SHALLOT	1
ТОМАТО	1
GREEN CAPSICUM	1
CORIANDER	1 packet
JERK SPICE MIX	1 sachet
TINNED BLACK BEANS	400g
PRE-COOKED BROWN RICE	1 packet
CORN COB	1
AVOCADO	1
LIME	1

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

frypan with lid, small frypan

NOTES

To cook the rice, we soaked it in boiled water from the kettle for 2 minutes before draining and rinsing.

You can leave the corn fresh if preferred.





1. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with **oil**. Dice shallot, tomato and capsicum. Add to pan as you go. Cook for 5 minutes. Slice coriander stems (reserve leaves for garnish) and add to pan with 1/2 spice mix. Cook for 2 minutes.



2. SIMMER THE BEANS

Drain, rinse and stir in beans with 1 cup water. Cover and simmer for 10 minutes.



3. COOK THE RICE

Cook rice according to packet instructions (see notes).



4. PREPARE THE TOPPINGS

Remove corn from cob and cook in a small frypan with **oil** over medium-high heat for 5 minutes until browned (see notes). Take off heat.

Slice avocado. Set aside with reserved coriander leaves.



5. FINISH AND SERVE

Add lime zest and juice from 1/2 lime (wedge remaining) to beans. Season to taste with **salt and pepper**. Divide among bowls with rice. Top with prepared toppings, garnish with coriander and serve with lime wedges.

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



