



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Black Beans

Black beans can be cooked in a number of ways without losing much of their nutritional value, even when exposed to high temperatures.



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Rice and Black Bean Bake with Chunky Guacamole

Lightly spiced black beans tossed with sweetcorn and brown basmati rice, topped with almond cheddar cheese from Noshing, baked until golden, and served with chunky guacamole.



30 minutes



4 servings



Plant-Based

18 November 2022

Spice it up!

To give the bake some extra flavour, you can add some chilli flakes, ground coriander and garlic. You could also add some pickled jalapeños and fresh coriander when serving.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	16g	24g	58g

FROM YOUR BOX

BROWN BASMATI RICE	300g
SPRING ONIONS	1 bunch
TINNED BLACK BEANS	2 x 400g
CORN COB	1
TOMATO PASTE	1 sachet
ALMOND MILK CHEDDAR	1 block
TOMATO	1
AVOCADO	2
GREEN CAPSICUM	1
LIME	1

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground cumin, smoked paprika

KEY UTENSILS

large frypan, saucepan

NOTES

If you don't have an ovenproof frypan transfer the mix into a baking dish before placing in the oven (see step 4).

You can also take the complete dish and guacamole to the table for sharing.



1. COOK THE RICE

Set oven to 220°C.

Place rice in a saucepan, cover with 1.5 x amount of water. Bring to a boil. Cover with a lid and reduce to lowest heat for 10–15 minutes. Remove from heat and stand for 5 minutes. Stir carefully with a fork.



2. SAUTÉ THE ONIONS

Heat a large ovenproof frypan over medium-high heat with **oil** (see notes). Slice and add spring onions, reserving some green tops for garnish, along with **1 tbsp smoked paprika** and **1 tbsp cumin**.



3. ADD THE BEANS

Drain and add beans. Remove kernels from corn cob and add along with tomato paste and **1 cup water**. Cover and simmer for 5 minutes.



4. ADD THE RICE AND BAKE

Grate cheese.

Add rice into frypan and stir to combine. Season with **salt and pepper**. Sprinkle over grated cheese and place into oven for 5 minutes for cheese to melt.



5. MAKE THE GUACAMOLE

Roughly chop tomato, avocados and capsicum. Mix together in a bowl with juice from 1/2 lime (wedge remaining), **1 tbsp olive oil, salt and pepper**.



6. FINISH AND SERVE

Serve rice bake and chunky guacamole onto plates. Sprinkle with spring onion tops and add a lime wedge (see notes).

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**

