

**Product Spotlight:  
Lime**

Before cutting, roll the lime between your palm and benchtop, tenderising the fruit and making it easier to juice!



## 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.



25 minutes



2 servings



Plant-Based

## 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.*

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
|            | 15g     | 22g       | 73g           |

## FROM YOUR BOX

|                       |          |
|-----------------------|----------|
| SHALLOT               | 1        |
| TOMATO                | 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.



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