



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
	19g	13g	76g

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** (or use more to taste). 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. COOK THE CORN

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.



5. PREPARE THE TOPPINGS

Slice **avocado**. Set aside with reserved **coriander leaves**.



6. FINISH AND SERVE

Add **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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