



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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



4/6 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
4/6 Person:	19g/14g	13g	77g/68g

FROM YOUR BOX

	4 PERSON	6 PERSON
RED ONION	1	1
TOMATOES	2	3
GREEN CAPSICUM	1	2
CORIANDER	1 packet	1 packet
JERK SPICE MIX	1 sachet	1 sachet
TINNED BLACK BEANS	2 x 400g	2 x 400g
PRE-COOKED BROWN RICE	2 packets	3 packets
CORN COBS	2	3
AVOCADOS	2	3
LIME	1	2

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

frypan with lid, small frypan

NOTES

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

You can leave the corn fresh if preferred.



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1. SAUTÉ THE VEGETABLES

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



4. COOK THE CORN

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



2. SIMMER THE BEANS

Drain, rinse and stir in **beans** along with **1 1/2 cups water**. Cover and simmer for 10 minutes.



5. PREPARE THE TOPPINGS

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



3. COOK THE RICE

Cook **rice** according to packet instructions (see notes).



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**.

6P - add zest and juice from 1 lime (wedge remaining).

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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

