



Product Spotlight: Coriander

The whole coriander plant is edible and with roots carrying the most flavour! You either love or hate coriander, some people describe it as leaving a soapy taste in their mouths. The reason for the unpleasant taste has actually got to do with genetics!



Lentil Nacho Bowl

A colourful, Mexican-inspired bowl loaded with spiced lentils, fluffy rice, charred corn, creamy avocado, and crispy tortilla strips. A fresh and vibrant way to shake up your dinner routine.



30 minutes



Plant-Based



2 servings

Switch it up!

Use the ingredients to make traditional nachos or burritos! For nachos; skip the rice and layer everything like classic nachos! For burritos; use wraps (or lettuce leaves for a lighter option), fill with rice, lentil mix, charred corn, diced tomato, avocado, and coriander.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	39g	200g

FROM YOUR BOX

BASMATI RICE	150g
RED ONION	1
CARROT	1
CORN COB	1
RED LENTILS	100g
WARM MEXICAN SPICE MIX	1 packet
TOMATO PASTE	1 sachet
TOMATO	1
AVOCADO	1
CORIANDER	1 packet
TORTILLA STRIPS	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, white vinegar, sugar of choice

KEY UTENSILS

2 frypans, saucepan

NOTES

Add lime wedges and fresh or pickled jalapeño to serve.

Warm Mexican Spice Mix: smoked paprika, ground cumin, ground coriander, dried oregano, garlic powder, ground cinnamon



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1. COOK THE RICE

Place **rice** in a saucepan and cover with **300ml water**. Cover with a lid and bring to a boil. Reduce to medium-low heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



4. CHAR THE CORN

Heat a frypan over medium-high heat with **oil**. Add **corn** and cook for 4–6 minutes, or until charred.



2. PREPARE THE INGREDIENTS

Slice **red onion** (set aside and reserve 1/4 for step 5), grate **carrot** and remove **corn kernels** from cob. Keep separate.



5. PREPARE THE TOPPINGS

Dice **tomato** and finely chop **coriander stems** (set leaves aside), add to a bowl and mix to combine. Dress **reserved red onion** with **1 tbsp vinegar** and **1/2 tsp salt**. Slice **avocado**.



3. SIMMER THE LENTILS

Heat a large frypan over medium-high heat. Add **carrot** and **red onion** (not the reserved 1/4) and sauté for 3 minutes. Add **spice mix**, **tomato paste**, **lentils**, and **1 1/2 cups water**. Simmer, semi-covered, for 15 minutes, or until lentils are tender. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Divide **rice** among bowls. Top with **lentil mixture**, **corn** and **toppings**. Serve with **tortilla strips** (see notes).

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