



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



4/6 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 |
|-------------|---------|-----------|---------------|
| 4/6 Person: | 29g | 26g | 155g |

FROM YOUR BOX

| | 4 PERSON | 6 PERSON |
|------------------------|-----------|-------------|
| BASMATI RICE | 300g | 300g + 150g |
| RED ONION | 1 | 1 |
| CARROTS | 2 | 2 |
| CORN COBS | 2 | 3 |
| RED LENTILS | 200g | 200g + 100g |
| WARM MEXICAN SPICE MIX | 1 packet | 2 packets |
| TOMATO PASTE | 2 sachets | 3 sachets |
| TOMATOES | 2 | 3 |
| AVOCADOS | 2 | 2 |
| CORIANDER | 1 packet | 2 packets |
| TORTILLA STRIPS | 1 packet | 2 packets |

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 **600ml 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.

6P – add rice to saucepan with 900ml water.



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 1/3 for step 5), grate **carrot** and remove **corn kernels** from cob. Keep separate.



5. PREPARE THE TOPPINGS

Dice **tomatoes** and finely chop **coriander stems** (set leaves aside), add to a bowl and mix to combine. Dress **reserved onion** with **2 tbsp vinegar** and **3/4 tsp salt**. Slice **avocado**.



3. SIMMER THE LENTILS

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

6P – use 4 cups water, use more if needed.



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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