



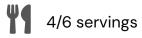


Lentil Nacho Bowl

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.







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.

TOTAL FAT CARBOHYDRATES 155g 4/6 Person:

FROM YOUR BOX

4 PERSON	6 PERSON
300g	300g + 150g
1	1
2	2
2	3
200g	200g + 100g
1 packet	2 packets
· puonos	
2 sachets	3 sachets
•	•
2 sachets	3 sachets
2 sachets	3 sachets
	300g 1 2 2 200g

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**.



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.



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.



4. CHAR THE CORN

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



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.



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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