



Product Spotlight: Avocado

Avocados are nutrient and energy-dense. Being plant-based, they contain no cholesterol. In fact, they are high in good fats, which can help lower cholesterol!



Mushroom Chimichangas

with Guacamole and Lime Sour Cream

Button mushrooms, brown rice and quinoa sautéed with flavourful spices in a crispy pan-fried burrito, served with guacamole, a zingy lime sour cream drizzle and fresh jalapeño!



30 minutes



2 servings



Vegetarian

Spice it up!

*Make a jalapeño cream for extra spice!
Roughly chop jalapeño. Use a stick mixer to blend with lime zest and sour cream to a smooth consistency.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	18g	26g	61g

FROM YOUR BOX

BROWN ONION	1
BUTTON MUSHROOMS	150g
TOMATO PASTE	1 sachet
PRE-COOKED RICE & QUINOA	1 sachet
LIME	1
SOUR CREAM	1 tub
AVOCADO	1
TOMATO	1
WRAPS	8-pack
JALAPENO	1

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, ground coriander

KEY UTENSILS

large frypan

NOTES

Scan the QR code in the step photo to watch us make this meal!

Add a diced shallot, a crushed garlic clove and finely chopped herbs such as coriander or parsley to your guacamole.

No gluten option - wraps are replaced with GF wraps.



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1. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with **oil**. Slice **onion** and **mushrooms**. Add to pan as you go. Sauté for 6 minutes until **onion** softens. Add **tomato paste**, **2 tsp paprika** and **2 tsp coriander**. Mix to combine (see notes).



2. ADD THE RICE & QUINOA

Add **rice & quinoa mix** to frypan along with **1/2 cup water**. Cook, stirring, for 5 minutes to warm through. Season to taste with **salt and pepper**. Remove from heat.



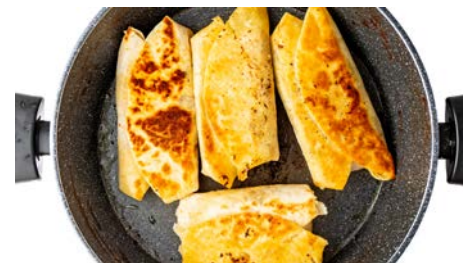
3. PREPARE THE SOUR CREAM

Zest **lime** (reserve remaining for step 4). Add **zest** to a bowl with **sour cream**, **1 tbs water**, **salt and pepper**. Mix to combine.



4. MAKE THE GUACAMOLE

Dice **avocado**. Add to a bowl along with **juice from 1/2 lime** (wedge remaining and set aside). Mash with a fork. Dice and add **tomato**. Season with **salt and pepper** and mix to combine (see notes).



5. MAKE THE CHIMICHANGAS

Lay **wraps** out on a clean bench. Spoon even amounts of **filling** into **wraps**. Wipe pan clean and reheat over medium-high heat with **oil**. Fold **wraps** to secure and place sealed-side down in pan. Cook for 1-2 minutes each side until golden and crispy.



6. FINISH AND SERVE

Slice **jalapeño**.

Cut **chimichangas** into thirds. Add to a platter and drizzle over **sour cream**. Serve with **guacamole**, extra **sour cream**, **lime wedges** and **jalapeño**.

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 **0448 042 515** or send an email to **hello@dinnertwist.com.au**

