



### 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!

### 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.*



30 minutes



2 servings



Vegetarian

Per serve:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	60g	31g	119g



## 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
GREEN CHILLI	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 tbsp 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 avocado with a fork. Dice tomato and add. Season with **salt and pepper** and mix to combine (see notes).



### 5. MAKE THE CHIMICHANGAS

Lay wraps out on a clean bench. Spoon in even amounts of filling. 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 green chilli.

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

**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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

