



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



4 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** 18g **TOTAL FAT** 24g **CARBOHYDRATES** 66g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	1
BUTTON MUSHROOMS	300g	300g + 150g
PRE-COOKED RICE & QUINOA	1 sachet	2 sachets
MILD TOMATO SALSA	1 jar	1 jar
LIME	1	2
SOUR CREAM	1 tub	2 tubs
AVOCADOS	2	3
TOMATO	1	2
WRAPS	1 packet	2 packets
JALAPENO	1	1

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large frypan

NOTES

Add water to jar and secure lid. Shake well, then pour into frypan. This will catch any extra salsa in the jar and save you washing a measuring cup!

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.



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.

Scan the QR code above to watch us make this meal!



2. ADD THE RICE & QUINOA

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

6P - add 1 jar water.



3. PREPARE THE SOUR CREAM

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

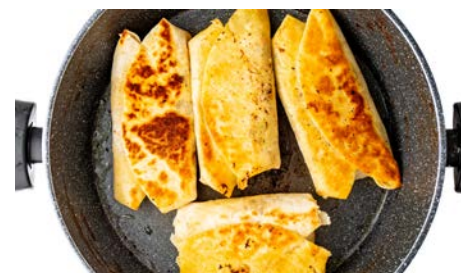
6P - Zest 1 lime. Mix zest in a bowl with sour cream, 2 tbsp water, salt and pepper.



4. MAKE THE GUACAMOLE

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

6P - use the juice from 1 lime.



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**

