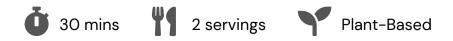


### Product Spotlight: Avocado

Avocados contain more potassium than a banana as well as nutrient-rich fats that helps you feel fuller for longer. Also a good source of vitamins E, C, B6, folate and niacin.

# Smokey Paprika Beans on Red Rice

Mixed beans sautéed in smokey paprika with vegetables and salsa served over red rice with a drizzle of nut feta dressing.



18 June 2021



If you want to boost the flavour (and spice) in your beans and vegetables, add 2 tsp ground coriander, 1 tsp dried oregano and 1 chipotle chilli (or 1 tsp chipotle chilli sauce), to the pan at step 2.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES 24g 31g 102g

#### FROM YOUR BOX

RED RICE	150g
RED ONION	1/2 *
RED CAPSICUM	1
MIXED BEANS	400g
ΤΟΜΑΤΟ	1
AVOCADO	1
MARINATED NUT FETA	1/2 jar *

\*Ingredient also used in another recipe

#### FROM YOUR PANTRY

oil for cooking, salt and pepper, ground cumin, smoked paprika, white wine vinegar

### **KEY UTENSILS**

large frypan with lid, saucepan, stick mixer (or small blender)

#### NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.



### **1. COOK THE RICE**

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 15-20 minutes until tender. Drain and rinse.



### **4. MAKE THE DRESSING**

Using a stick mixer blend the feta with 4 tbsp oil from the jar of marinated nut feta, and **pepper** until it reaches a smooth consistency.



## 2. SAUTÉ THE BEANS

Heat a frypan over medium-high heat with oil. Wedge onion, slice capsicum, add to pan as you go with 1 tbsp cumin and 2 tsp paprika. Pour in beans (including liquid), 1 tbsp vinegar and cook, partially covered, for 5-8 minutes. Season with salt and pepper.



### **5. FINISH AND PLATE**

Evenly divide rice among shallow bowls, top with bean mixture and salsa, drizzle over dressing.



### **3. PREPARE THE SALSA**

Dice the tomato and avocado. Add to a bowl with **3 tsp vinegar**. Season with **salt and pepper**, stir to combine.

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

