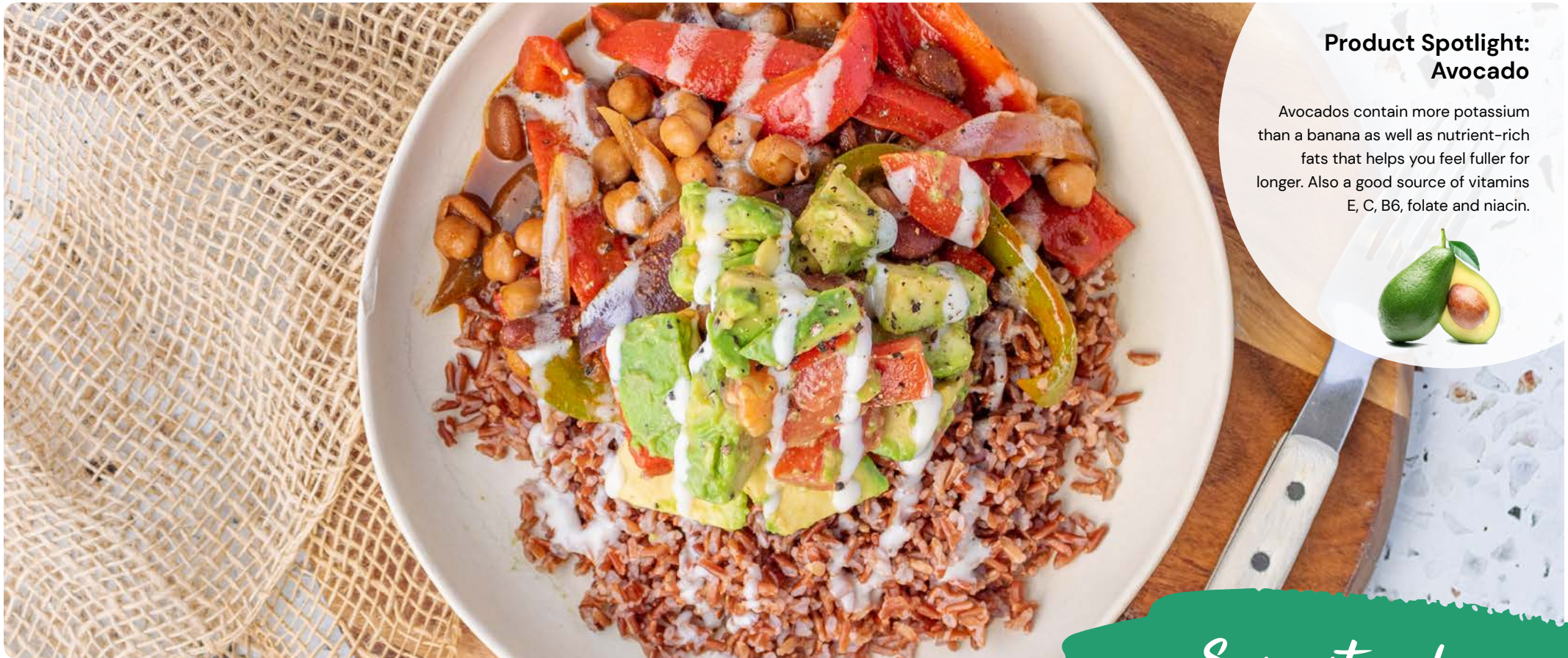




DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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.



4 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.

 30 mins

 4 servings

 Plant-Based

18 June 2021

Spice it up!

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** 22g **TOTAL FAT** 17g **CARBOHYDRATES** 97g

FROM YOUR BOX

RED RICE	300g
RED ONION	1/2 *
RED CAPSICUM	1
GREEN CAPSICUM	1
MIXED BEANS	800g
TOMATOES	2
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.



2. SAUTÉ THE BEANS

Heat a frypan over medium–high heat with oil. Wedge onion, slice capsicums, add to pan as you go with **1 1/2 tbsp cumin** and **3 tsp paprika**. Pour in beans (including liquid), **2 tbsp vinegar** and cook, partially covered, for 5–8 minutes. Season with **salt and pepper**.



3. PREPARE THE SALSA

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



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.



5. FINISH AND PLATE

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

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

