



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Jalapeno

In the Americas, the use of chilli, including jalapeños, dates back thousands of years, including the practice of smoking some varieties to preserve them.



Cheesy Green Chile Rice

A vibrant dish of smoky spiced rice loaded with black beans, sweet corn and capsicum, finished with bubbly cheese, coriander, yoghurt and avocado.



35 minutes



Vegetarian



4/6 servings

Spice it up!

You can add cumin seeds, ground cumin, chipotle, cayenne or garlic powder for extra depth of flavour in the rice! Bulk up the meal with tortilla chips on the side or wrap the rice in a burrito.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	31g	27g	66g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	1
CORN COBS	2	3
BASMATI RICE	300g	300g + 150g
NATURAL YOGHURT	1 tub	1 tub
LIME	1	2
CORIANDER	1 packet	1 packet
AVOCADOS	2	3
JALAPEÑO	1	1
GREEN CAPSICUM	1	2
TINNED BLACK BEANS	2 x 400g	2 x 400g
MOZZARELLA	125g	125g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, smoked paprika, ground coriander, vegetable stock cube

KEY UTENSILS

oven proof pan with lid, stick mixer or blender

NOTES

If you don't have an oven proof frypan with lid, transfer the rice to an oven dish at step 5 instead.



1. SAUTÉ THE VEGETABLES

Set oven grill to 250°C.
Heat an oven proof pan over medium-high heat with **oil** (see notes). Dice and add **onion** along with **corn kernels**. Stir in **1 tbsp paprika** and **1/2 tbsp ground coriander**. Cook until fragrant.
6P - use 1 1/2 tbsp paprika and 3 tsp coriander.



4. PREPARE THE TOPPINGS

Roughly chop **coriander**. Slice **avocados** and **jalapeño**.



2. COOK THE RICE

Stir in **rice**, crumbled **stock cube** and **600ml water**. Cover with a lid and bring to a boil. Reduce to medium-low heat for 10-15 minutes. Remove from heat, stand for 5 minutes (continue at step 5).
6P - use 900ml water.



5. MELT THE CHEESE

Dice **capsicum**. Drain and rinse **black beans**. Stir through **rice** and season with **salt and pepper**. Drain, tear and scatter **mozzarella** on top. Grill in oven for 5 minutes until golden and bubbly.



3. PREPARE THE DRESSING

Combine **yoghurt** with **lime zest** and **1/2 lime juice** (wedge remaining). Stir in **1 tbsp olive oil** and season with **salt and pepper**.



6. FINISH AND SERVE

Top rice with **avocado**. Drizzle with **dressing** and scatter **coriander** and **jalapeño** on top.



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