



Summer Succotash Bowl

with Feta

A vibrant summer bowl layered with charred corn, edamame, tomatoes, and cucumber, served over brown rice and quinoa, and finished with a lime vinaigrette and crumbled feta.



25 minutes



Vegetarian



2 servings

FROM YOUR BOX

CAJUN SPICE MIX	1 packet
CORN COB	1
PRECOOKED BROWN RICE & QUINOA	250g
LIME	1
FETA CHEESE	1 packet
CHERRY TOMATOES	200g
LEBANESE CUCUMBER	1
TINNED EDAMAME BEANS	125g

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, smoked paprika, red wine vinegar, honey or sweetener of choice

NOTES

Add some grilled zucchini or capsicum to bulk the dish.

This dish can be made ahead of time and stored in the fridge until serving for a salad option.

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1. COOK THE CORN

Combine **1 tsp smoked paprika** with **1/2 tbsp olive oil, salt and pepper**. Rub over **corn cob**. Cook on the BBQ or griddle pan over high heat for 6–8 minutes turning until charred (see notes). Set aside to cool.

TIP *You can use a pre made Cajun or Mexican spice mix if you have some. Smoked paprika can be substituted with ground coriander or cumin.*

2. PREPARE THE RICE AND DRESSING

Warm the **rice and quinoa** according to packet instructions.

Whisk together **1/2 lime zest and juice** (wedge remaining) with **2 tbsp olive oil, 1/2 tbsp vinegar, 1 1/2 tsp honey or sweetener of choice** and **1/4 tsp dried chilli flakes** (optional).

3. PREPARE THE SUCCOTASH

Halve **tomatoes**, dice **cucumber** and drain **edamame beans**. Remove **corn from cob** and crumble **feta cheese** (use to taste). Toss all together.

TIP *You can add diced avocado, capsicum or chopped coriander to the succotash.*

4. FINISH AND SERVE

Divide **rice** and **succotash** among bowls. Spoon over **dressing** to taste and serve with **lime wedges**.

TIP *Toss everything together to make a large salad for sharing.*

This recipe has simplified instructions to help lower your meal cost.