





Cheesy Baked Enchilada Rice

A full flavoured vegetarian bake filled with spiced rice, colourful capsicum, sweet corn and juicy tomatoes, all topped with melted cheese.







FROM YOUR BOX

BASMATI RICE	300g
SPRING ONIONS	1 bunch
RED CAPSICUM	1
GREEN CAPSICUM	1
CORN COBS	2
CHERRY TOMATOES	2 x 200g
TOMATO PASTE	2 sachets
SHREDDED MOZZARELLA	1 packet

FROM YOUR PANTRY

oil for cooking, salt and pepper, ground cumin, smoked paprika

NOTES

If you don't have an oven proof pan you can transfer the rice to an oven dish before baking in the oven.

1. COOK THE RICE

Preheat oven to 200°C

Place rice in a saucepan, cover with 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. Stir carefully with a fork.



Add a pinch of salt or a dash of stock paste to the water for extra flavour.

2. SAUTÉ THE VEGETABLES

Slice spring onions (reserve tops for garnish). Dice capsicums, remove kernels from corn cobs, and halve tomatoes. Heat an ovenproof pan over medium-high heat with oil (see notes). Add vegetables along with 1 tbsp ground cumin, 1 tbsp smoked paprika, and tomato paste. Cook for 5-7 minutes until softened and fragrant.



TIP Add drained tinned black beans or kidney beans to bulk out the dish with protein. You can use a pre-made Mexican spice mix instead of cumin and smoked paprika. Add some ground chipotle, coriander or garlic for depth of flavour.

3. ADD COOKED RICE AND BAKE

Stir cooked rice into the pan and season with salt and pepper. Transfer to an oven dish (if not using an oven proof pan). Top with shredded mozzarella cheese and bake for 10-15 minutes until the cheese is melted and golden.



Add a sprinkle of chilli flakes or sliced pickled jalapeños for extra heat.

4. FINISH AND SERVE

Garnish rice with reserved spring onion tops. Serve at the table.

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