



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



4/6 servings

FROM YOUR BOX

	4 PERSON	6 PERSON
CAJUN SPICE MIX	1 packet	1 packet
CORN COBS	2	3
PRECOOKED BROWN RICE & QUINOA	2 x 250g	3 x 250g
LIME	1	2
CHERRY TOMATOES	2 x 200g	2 x 200g
LEBANESE CUCUMBER	1	1
TINNED EDAMAME BEANS	125g	2 x 125g
FETA CHEESE	1 packet	2 packets

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

6P – use 3 tsp smoked paprika and 1 1/2 tbsp olive oil.

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 tbsp vinegar, 2 tsp honey or sweetener of choice** and **1/4 tsp dried chilli flakes** (optional).

6P – use 1 lime zest and juice, 3 tbsp olive oil, 1 1/2 tbsp red wine vinegar and 3 tsp honey for the dressing.

3. PREPARE THE SUCCOTASH

Halve **tomatoes**, dice **cucumber** and drain **edamame beans**. Remove **corn from cobs** and crumble **feta cheese**. Toss all together.

6P – use 1 1/2 packets of feta or to taste.

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.