



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: BLACK RICE

Forbidden Black Rice has a delicious nutty taste and magical aromas, as well as superior health benefits that make it a new alternative to white and brown rice.



3. MEXICAN RICE LETTUCE CUPS

Crisp lettuce cups filled with Mexican spiced black rice and veggie paté from So Freo, served with guacamole and salsa.

 30 Minutes

 2 Servings

 Plant-based

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
17g	29g	74g

25 May 2020

FROM YOUR BOX

BLACK RICE	150g
TOMATO	1
GREEN CAPSICUM	1
RED ONION	1/4 *
AVOCADO	1
LIME	1
BABY COS LETTUCE	1
VEGGIE PATÉ	1/2 packet *
TOMATO PASTE	1 sachet

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking + olive), salt, pepper, red wine vinegar, ground cumin, smoked paprika

KEY UTENSILS

saucepan, frypan

NOTES

Spice up the dish - add ground coriander or cayenne to the rice. Add fresh coriander to the salsa.



1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15 minutes or until tender. Drain, rinse and set aside.



2. PREPARE THE SALSA

Dice tomato, capsicum and onion. Toss with **1/2 tbsp vinegar, 1/2 tbsp olive oil, salt and pepper.**



3. MAKE THE GUACAMOLE

Mash avocado with 1/2 lime zest and juice (wedge remaining).

Separate and rinse lettuce leaves.



4. SPICE THE RICE & PATÉ

Heat a frypan over medium-high heat with **oil**. Add cooked rice and crumble in paté. Stir through **1/2 tbsp cumin, 1/2 tbsp paprika** and tomato paste. Pour in **1/4 cup water** and cook for 5 minutes until fragrant. Season with **salt and pepper.**



5. FINISH AND PLATE

Serve lettuce cups at the table with veggie rice, salsa, guacamole and lime wedges.

How did the cooking go? We'd love to know - help us by sharing your thoughts!

Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

