




Product Spotlight: Avocado


Avocados are nutrient and energy-dense. Being plant-based, they contain no cholesterol. In fact, they are high in good fats, which can help lower cholesterol!



Mushroom Chimichangas with Guacamole and Lime Sour Cream

Button mushrooms, brown rice and quinoa sautéed with flavourful spices in a crispy pan-fried burrito, served with guacamole, a zingy lime sour cream drizzle and fresh jalapeño!

 30 minutes

 4 servings

 Vegetarian

Spice it up!

*Make a jalapeño cream for extra spice!
Roughly chop jalapeño. Use a stick mixer to blend with lime zest and sour cream to a smooth consistency.*

Per serve: **PROTEIN** 36g **TOTAL FAT** 30g **CARBOHYDRATES** 96g

FROM YOUR BOX

BROWN ONION	1
BUTTON MUSHROOMS	300g
PRE-COOKED RICE & QUINOA	1 sachet
MILD TOMATO SALSA	1 jar
LIME	1
SOUR CREAM	1 tub
AVOCADOS	2
TOMATO	1
WRAPS	8-pack
JALAPENO	1

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large frypan

NOTES

Add water to jar and secure lid. Shake well, then pour into frypan. This will catch any extra salsa in the jar and save you washing a measuring cup!

Add a diced shallot, a crushed garlic clove and finely chopped herbs such as coriander or parsley to your guacamole.

No gluten option - wraps are replaced with GF wraps.



1. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with **oil**. Slice onion and mushrooms. Add to pan as you go. Sauté for 6 minutes until onion softens.

Scan the QR code above to watch us make this meal!



2. ADD THE RICE & QUINOA

Add rice & quinoa mix to frypan along with salsa and **1/2 jar water** (see notes). Cook, stirring, for 5 minutes to warm through. Season to taste with **salt and pepper**. Remove from heat.



3. PREPARE THE SOUR CREAM

Zest lime (reserve remaining for step 4). Add zest to a bowl with sour cream, **1 tbsp water, salt and pepper**. Mix to combine.



4. MAKE THE GUACAMOLE

Dice avocados. Add to a bowl along with juice from 1/2 lime (wedge remaining and set aside). Mash avocado with a fork. Dice tomato and add. Season with **salt and pepper** and mix to combine (see notes).



5. MAKE THE CHIMICHANGAS

Lay wraps out on a clean bench. Spoon even amounts of filling into wraps. Wipe pan clean and reheat over medium-high heat with **oil**. Fold wraps to secure and place sealed-side down in pan. Cook for 1-2 minutes each side until golden and crispy.



6. FINISH AND SERVE

Slice jalapeño.

Cut chimichangas into thirds. Add to a platter and drizzle over sour cream. Serve with guacamole, extra sour cream, lime wedges and jalapeño.



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