

DINNERLY



Mexicali Beans with Chunky Yoghurt Guacamole



20-30 minutes



2 Servings

This wholesome Cal-Mex meal hits the mark with richly flavoured beans, zucchini-laced rice and a chunky creamy mix of yoghurt and avo.

WHAT WE SEND

- 390g diced tomatoes
- 125g brown rice
- 5g Mexican spice blend
- 1 avocado
- 400g kidney beans
- 1 zucchini
- 100g Greek-style yoghurt ⁷

WHAT YOU NEED

- boiling water
- olive oil

TOOLS

- box grater
- medium saucepan with lid

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Milk (7). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 685kcal, Fat 27.4g, Carbs 79.6g, Proteins 19.7g



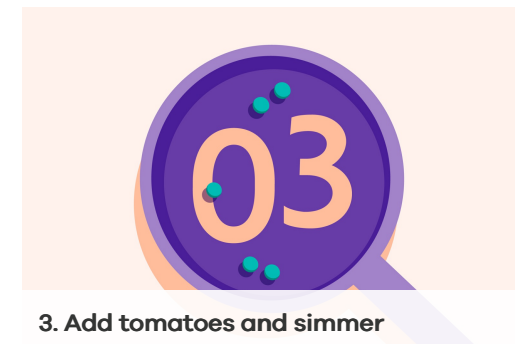
1. Cook rice

Bring **1L (4 cups) water** to the boil in a medium saucepan. Coarsely grate the **zucchini**. Add the **rice** to the pan of boiling water and cook for 25 mins or until tender. Drain and return to the pan. Stir through the zucchini.



2. Cook beans and spices

Meanwhile, drain and rinse the **beans**. Heat **1 tbs olive oil** in a medium deep frypan over medium-high heat. Cook the beans and **2 tsp Mexican spice blend** (see Kitchen tip), stirring, for 2 mins or until fragrant.



3. Add tomatoes and simmer

Add the **tomatoes** to the beans, bring to the boil, then reduce the heat to medium and cook for 5 mins or until the sauce is thick and chunky. Remove from the heat and season with **salt and pepper**.



4. Chop avocado

Meanwhile, cut the **avocado** into 1cm chunks.



5. Serve up

Divide the **zucchini rice, Mexicali beans** and **avocado** among bowls. Dollop with the **yoghurt** and scatter with a **pinch of Mexican spice blend**, if desired, to serve.



6. Kitchen tip

We've suggested the amount of Mexican spice blend for flavour, but if you prefer less heat or have picky little ones, reduce the seasoning to taste.