

# DINNERLY



## Mexicali Beans with Chunky Yoghurt Guacamole



20-30 minutes



4 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

- 2 x 400g kidney beans
- 2 x 390g diced tomatoes
- 250g brown rice
- 1 avocado
- 10g Mexican spice blend
- 150g Greek-style yoghurt <sup>7</sup>
- 2 zucchini

#### 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 670kcal, Fat 26.8g, Carbs 78.4g, Proteins 19.0g



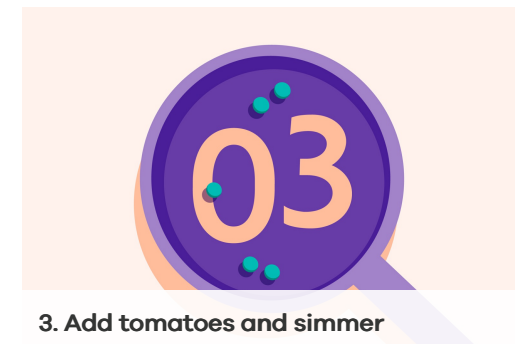
#### 1. Cook rice

Bring **1.5L (6 cups) water** to the boil in a large 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 **2 tbs olive oil** in a large deep frypan over medium-high heat. Cook the beans and **1 tbs Mexican spice blend** (see Kitchen tip), stirring, for 2 mins or until fragrant.



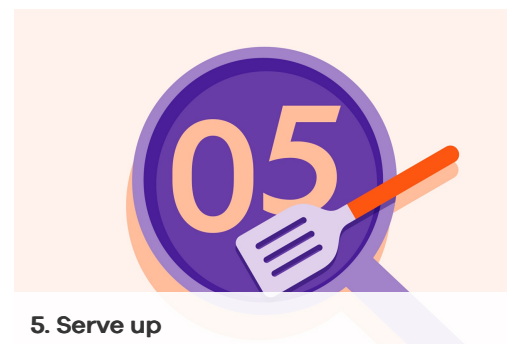
#### 3. Add tomatoes and simmer

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.