

MARLEY SPOON



Tomato Chilli Beans

with Cheesy Corn Rice



20-30min



4 Portions

Inspired by Tex-Mex cooking, this relaxed vegetarian dish is all about big, bold, sunny flavours. Smoky cheese and corn brighten up nutty brown rice, tomato-sauced kidney beans get a boost from zucchini and chilli and the smattering of coriander, a signature of Mexican cuisine, tops everything off with an aromatic flourish.

What we send

- corn
- chilli powder
- kidney beans
- zucchini
- English smoked cheese ⁷
- onion
- diced tomatoes
- brown rice
- coriander, spring onion

What you'll require

- honey
- olive oil
- red wine vinegar ¹⁷
- sea salt and pepper

Utensils

- box grater
- medium saucepan with lid
- sieve

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

Add more or less chilli powder, depending on your heat preference. The remaining chilli powder won't be used in this dish.

Allergens

Milk (7), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 745kcal, Fat 27.0g, Carbs 87.6g, Proteins 27.9g



1. Cook rice

Bring a medium saucepan of water to the boil for the rice. Cook the **rice** for 22 mins or until nearly tender.



2. Add corn

Add the **corn** to the rice and cook for a further 3 mins or until the rice and corn are tender. Drain, return to the saucepan, then cover to keep warm.



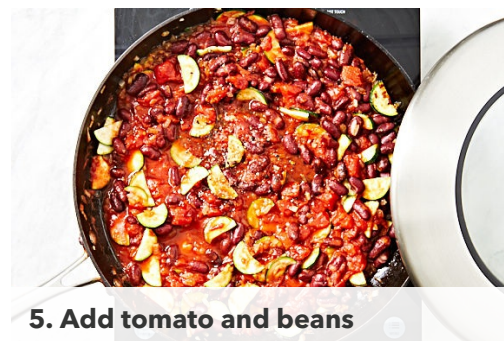
3. Prepare ingredients

While the rice is cooking, finely chop the **onion**. Halve the **zucchini** lengthwise, then thinly slice into half moons. Coarsely grate the **cheese**. Trim and thinly slice the **spring onions**. Rinse and drain the **beans**.



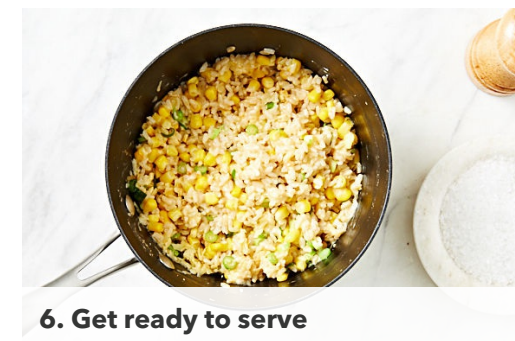
4. Cook zucchini

Heat **2 tbs olive oil** in a large deep frypan over medium-high heat. Cook the **onion**, stirring, for 2 mins or until starting to soften. Add the **zucchini** and **½ tsp chilli powder** (see cooking tip) and cook for 3 mins or until the zucchini has softened slightly.



5. Add tomato and beans

Add the **beans, tomato, 2 tsp honey** and **1 tbs red wine vinegar** to the pan. Season with **salt and pepper** and bring to the boil. Reduce the heat to medium-low, cover and cook for 5 mins or until the zucchini is tender.



6. Get ready to serve

Meanwhile, pick the **coriander** leaves, discarding the stems. Stir the **spring onion** and **cheese** through the rice, season with **salt and pepper** and stir to combine. Divide the **cheesy corn rice** and **chilli beans** among plates. Scatter over the **coriander** to serve.