



Vegetarian Mexican fiesta bowl



INGREDIENTS

FOR THE RICE

- 1 tablespoon extra-virgin olive oil
- ½ red onion, finely diced
- 2 cloves of garlic, minced
- 2 large red peppers, sliced
- ½ can of black beans, rinsed and drained
- ½ can red kidney beans, rinsed and drained
- 1 cup of cooked or frozen corn kernels
- 1 tablespoon sweet paprika
- 2 teaspoons cumin
- 1 cup brown basmati rice
- 3 cups low-sodium, homemade vegetable stock
- 1 can chopped tomatoes in juice
- 2 tablespoon fresh oregano, chopped
- 1 serrano chilli pepper, chopped

FOR THE GARNISH

- 1 avocado
- 1 cup fat-free plain yoghurt
- ¼ cup sliced jalapeño
- 1 bunch of coriander
- ¼ cup pomegranate rubies

INSTRUCTIONS

1. Heat the olive oil in a non-stick pan over a medium heat and sauté the onions until soft, add the garlic and cook until fragrant.
2. Add the black beans, corn, red pepper, sweet paprika and cumin to the pan. Cook for 3 minutes then add the rice, stock and chopped tomatoes.
3. Cover with a fitted lid and cook for 40 minutes or until rice is perfectly cooked.
4. Remove the lid and top with avocado, jalapeño, chopped coriander, pomegranate rubies and yoghurt.

SERVES: 4

PREPARATION TIME: 15 minutes

COOKING TIME: 40 minutes