

Mexican Style

RICE WITH BEANS

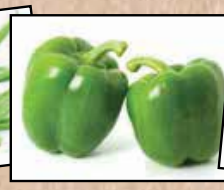
INGREDIENTS

Serves 4

¾ cup uncooked brown rice
2 tablespoons extra virgin olive oil (EVOO)
1 clove garlic, crushed
1 medium brown onion (150g), chopped
½ -1 fresh red chilli, chopped (optional)
½ large green capsicum, chopped
1 x 410g can chopped tomatoes
½ cup water or vegetable stock
1 x 420g can four or five bean mix, rinsed and drained
½ cup sweetcorn
200g green beans, chopped into bite sized pieces
½ teaspoon dried oregano
1 teaspoon paprika
1 teaspoon ground cumin
1 medium zucchini, sliced
Handful fresh coriander, chopped
Cracked black pepper to taste

METHOD

1. Cook brown rice according to packet directions and set to one side
2. Wash vegetables and coriander
3. Heat EVOO in a large pan over a medium heat
4. Add garlic, fry for a couple of minutes, add onion and chilli and cook until onion is soft, stirring occasionally
5. Add capsicum, chopped tomatoes, water (or stock), bean mix, sweetcorn, green beans, oregano, paprika and cumin and simmer for a few minutes
6. Add zucchini and continue to cook
7. Add rice and mix well (if using cold cooked rice, ensure it is heated through)
8. Stir in coriander, mix well and season to taste with black pepper



SERVING SUGGESTIONS AND TIPS

Serve with a side of Guacamole (or diced avocado) and plain Greek yoghurt.

Increase protein content by adding some lean cooked meat, poultry, fish or tofu.

NUTRITION

This dish contains a mix of protein and carbohydrate to assist with recovery. To increase the protein content see serving suggestion. Each serve of rice contains about 15.5g protein, 12g fat, 67g carbohydrate, 7g fibre and 1,800kJ