

Mexican Black Bean & Tuna Rice



Mexican style rice with black beans, corn, tuna, fresh vegetables and herbs.

Recipe supplied by John West & Edgell.

Ingredients

¼ cup diced red capsicum

125g microwavable Mexican style rice

90g can John West Yellowfin Tuna with Extra Virgin Olive Oil & Pink Salt

¼ cup diced tomato

¼ cup chopped fresh herbs (coriander, parsley), plus extra for serving

70g Edgell Snack Time Black Beans & Charred Corn with Lime & Herbs

Lime wedges, for serving

Method:

1. Heat capsicum and rice in a non stick frypan over medium heat, cook following packet directions.

2. Stir through John West Tuna, tomatoes and herbs.
3. Top with Edgell Black Beans & Charred Corn. Sprinkle with extra herbs and serve with lime wedges.