

Mexican Rice Bowl



This vibrant and nutritious Mexican rice bowl is packed with wholesome ingredients. Top with creamy avocado and serve with corn chips, sour cream and lime wedges for a healthy lunch or a light dinner!

Recipe supplied by McKenzie's.

Ingredients

- 1 cup brown rice
- 1/2 cup McKenzie's Green Split Peas
- 1/2 cup McKenzie's Australian Red Split Lentils
- 1 red onion, finely diced
- 1 Lebanese cucumber, diced
- 1/2 cup corn kernels
- 1/2 red capsicum, diced
- 1/2 punnet cherry tomatoes, chopped
- 1/2 cup coriander leaves, chopped
- 2 tbs olive oil
- 1 tbs red wine vinegar

1/2 tsp cumin

Pinch of sugar

2 avocados, sliced

Corn chips, dairy free sour cream and lime wedges, for serving

Method:

1. Rinse the rice, peas and lentils. Add to a saucepan with 4 cups of water. Bring to the boil, reduce heat and gently simmer for 20-25 minutes until just tender. Drain and rinse well under cold water. Spread out on a tray and refrigerate until required.
2. Combine cooked rice mix, onion, cucumber, corn, capsicum, tomatoes and coriander in a large mixing bowl. Toss well. Mix in the combined oil, vinegar, cumin and sugar. Season well and toss to coat.
3. Serve in bowls with sliced avocado, corn chips, dairy free sour cream and lime wedges.