

Allergens*:



Gluten



Milk



Celery

Vegetarian 

Mexican Style Rice

Recipe
total cost
£4.10

See
ingredients
and cooking
method
overleaf...



Serves 4

This easy Mexican rice recipe turns your white rice into a vibrant and flavorful dish.



Equipment

- Sharp knife
- Chopping board
- Large frying pan
- Lid for pan
- Wooden spatula
- Sieve



* Ingredients and allergens may vary from different food shops and any Quorn products can contact egg, gluten, and milk, so to always check the label

Mexican Style Rice



Ingredients:

- 400g tin mixed beans
- 100g sweetcorn (fresh, tinned or frozen)
- 300g basmati or brown rice
- 400g tin chopped tomatoes
- 1 lime
- 1 pepper
- 1 onion
- 1 teaspoon vegetable oil
- 1 vegetable stock cube
- 200ml water
- 1 tablespoon chipotle paste
- 400g fat-free Greek yogurt to serve



Method:

1. Drain the beans in a sieve and rinse with cold water.
2. Roughly chop onions and pepper.
3. Fry onions in oil until soften (3 minutes) then add pepper and cook for a further 5 minutes.
4. Add the Chipotle paste and garlic and fry for 1 minute.
5. Add to the pan with chopped tomatoes, stock cube, water, corn, and beans.
6. Wash the rice thoroughly in a sieve. Add to a separate pan.
7. Put a lid on the pan with rice and boil for 15 minutes, mix at 10 minutes to stop it sticking.
8. Add the cooked rice into the pan with the other cooked ingredients and mix together.
9. Serve with lime wedge and yogurt.