

Mexican sweetcorn & bean rice



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Preparation 20 mins | Cooking 30 mins | Serves 4-6

- 2 cobs sweetcorn, husks and silks removed
- 2 tbs olive oil
- 1 brown onion, finely chopped
- 2 garlic cloves, finely chopped
- 1 small red capsicum, seeded and finely chopped
- 1½ cups long grain rice
- 400g can red kidney beans, rinsed and drained
- 2 vine-ripened tomatoes, chopped
- 2 tbs lime juice
- ½ cup coriander leaves, chopped

To serve:

- ⅓ cup reduced fat grated cheese
- 2 tbs reduced fat sour cream
- 1 small ripe avocado, peeled and diced

STEP 1 Slice kernels off the corn cobs. Set aside. Heat oil in a large frying pan over medium heat. Add onion, garlic and capsicum and cook, stirring often, for 4-5 minutes until onion and capsicum softens.

STEP 2 Add corn kernels and rice and stir to combine. Pour over 2½ cups water, cover and bring to the boil. Reduce heat to low, cover and cook for 12-15 minutes until rice is tender and liquid is absorbed.

STEP 3 Stir in kidney beans, tomatoes, lime juice and coriander over medium-low heat until hot. Season with salt and pepper to taste. Spoon into serving bowls, sprinkle each with cheese, a dollop of sour cream and avocado and serve.