

# MEXI·CO.

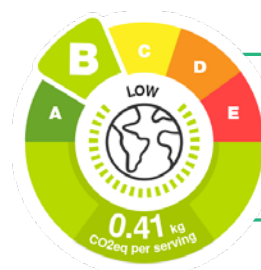
# KITCHEN #

In the realm of nutrition, pulses are a group of unsung heroes that deserve more recognition for their exceptional health benefits. They have been a staple in diets around the world for centuries. Packed with nutrients, pulses offer a myriad of health benefits that make them a superfood worthy of a prominent place on your plate.

Whether you're looking to support heart health, explore local cuisines, or simply enjoy a hearty nutritious meal, pulses such as beans, lentils, chickpeas and peas are the perfect addition to your meals.



As part of our sustainability goals, one of our aims is to provide our customers with plant-based meals in a way to reduce our carbon footprint. This mushroom-based recipe is a great alternative to meat-based recipes as it emits much lower carbon emissions per serving (2.69kg CO<sub>2</sub>eq lower than using beef).



SCAN HERE TO LEARN MORE!

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♦ KITCHEN ♦

# MUSHROOM BIRRIA BOWL

## INGREDIENTS:

- 480g Button Mushrooms
- 300g Salsa
- 1/2 Red Pepper, Sliced
- 4 Tbsp. Chipotle Sauce
- 1 Small Red Onion, Sliced
- 1.5 Tbsp. Fajita Spice Mix
- 200g Brown Rice
- 120g White Quinoa
- 200g (1/4 head) Red Cabbage, Shredded
- 160g Black Turtle Beans
- 40g (2.5 Tbsp.) Jalapeno Green Peppers, Sliced

## METHOD:

1. Preheat the oven to 180C.
2. Place half of the chipotle sauce, 1/2 of the salsa and all the fajita spice mix in a bowl and mix well.
3. Place the mushrooms on a tray with the sliced onions and peppers. Pour the sauce mix over, ensuring all ingredients are evenly coated.
4. Cover with parchment paper and tin foil and place in the oven for 30 minutes.
5. While that cooks in the oven, cook the brown rice.
6. Use 2 parts water to 1 part brown rice and boil for approx. 25-30 minutes, or until fluffy.
7. Boil the quinoa for 15 minutes.
8. Strain the beans and rinse in water.
9. Place the ingredients in the bowl going anti-clockwise as follows: rice, beans, quinoa, cabbage, jalapenos, mushroom, pepper, onion mix on top.
10. Drizzle with the remaining chipotle sauce and salsa and serve.

Serves 4 // Easy // Cooking time: 35 mins



**FOR MORE INFORMATION AND TO ACCESS THIS RECIPE CARD ONLINE, PLEASE CHECK OUT OUR WEBSITE.**

### Nutrition information per portion

Energy: 478 kcals	Fibre: 10g
Fat: 8.6g	Protein: 17g
Saturated Fat: 0.8g	Salt: 1.7g
Carbohydrate: 79g	Sugars: 10g

If you have any allergies or intolerances, please check packaging or point of sale allergen information

