



Mexican Lunch plate

Makes 2

Ingredients

- ½ cup brown rice (or 1 brown rice quick cup)
- ½ cup black beans (canned)
- 60gm Fetta
- 10 Olives halved
- 1 cucumber Cucumber
- 10 cherry Tomatoes halves
- ½ can unsweetened Corn
- 50gm Corn chips
- ½ of a red, green and yellow capsicum
- ¼ red cabbage Red cabbage
- 2 x Avocados
- Juice of ½ a Lime
- Pink Himalayan salt.

Steps

1. Drain the beans well and rinse thoroughly.
2. Warm up the brown rice in the microwave or cook as per packet instructions and combine with the beans. Then place in the centre of the platter.
3. Cut up fetta, olives, cucumber, tomatoes, capsicum, red cabbage and place on the platter.
4. Place the corn chips and corn on the platter
5. For the guacamole mash up the 2 avocados in a bowl and add the lime juice and some Himalayan salt and Mix well.

