



## MEXICAN RICE & MINCE

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<b>SERVES</b>	4
<b>PREP TIME</b>	10 MINUTES
<b>COOKS IN</b>	30 MINUTES
<b>DIFFICULTY</b>	EASY

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### INGREDIENTS

- 1 large Onion
- 500g Mince (Lean)
- Mexican seasoning
- 2 Carrots (200g)
- 2 x 400g Cans chopped tomatoes
- 1 Can OK Mixed Veg,
- 1 Cup OK Rice
- 1 Cup water
- 1 Cup Corn (Whole Kernel or Frozen)
- 300g Mixed peppers (chopped)
- 2 Chillies (chopped)
- Salt
- Black Pepper

### METHOD

- In a large saucepan, sauté onion and peppers
- Add mince, chilli and seasoning. Cook until browned
- Add grated carrots and continue to cook while you do the next step;
- Blend 1 can of chopped tomatoes into a purée and add to the pan
- Add the other can of chopped tomatoes to the pan
- Stir well while adding the rice and water
- Cover and simmer for 15 minutes
- Add the corn
- Cover and simmer for another 5 - 10 mins.
- Liquids should be absorbed and rice tender.

Serve with guacamole and salsa over the top

### Notes

Add red kidney beans for extra texture!  
Use any leftover as a filling for wraps, or serve with salad.