

Mexican Rainbow Rice Bowls

Serves: 16 tastes

Equipment: Chopping boards Measuring spoons Small frypan Large frypan Measuring spoons Mortar and pestle Sharp knives Small colander Large cooking spoon Small mixing bowl Garlic crusher 4 medium green serving bowls Cheese grater	Ingredients: <u>Mexican Spice Mix</u> 2 teaspoons cumin seeds 2 teaspoons coriander seeds 2 teaspoons paprika 1 teaspoon oregano 1/4 teaspoon chilli powder 1/2 teaspoon garlic powder 1/2 teaspoon onion powder Good grind of salt and pepper <u>Rice bowl ingredients</u> 2 corn on the cob 1 tablespoon olive oil 500g beef mince 2 cloves garlic, crushed 250g cooked white rice 400g tin black beans <u>Accompaniments</u> Sour cream, grated cheese, sliced spring onions, radishes, chopped capsicum, sliced red cabbage, coriander leaves, guacamole and corn chips.
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What to do:

1. Dry fry coriander seeds in the small frypan until aromatic. Add to the mortar and pestle. Do the same with the cumin seeds. Use the mortar and pestle to crush the seeds until they powder.
2. Place in a small bowl and with all the other spice mix ingredients. Mix well and set aside until needed.
3. Remove husk from the corn. Cut the kernels from the cob (adult job).
4. Heat a large non-stick frying pan over medium-high heat. Add corn and cook, covered, stirring occasionally, for 2 minutes or until golden brown. Transfer to a bowl.
5. Add 1 tablespoon olive oil to the pan then add beef and cook, stirring to break up any lumps, until browned. Stir in crushed garlic and cook for 30 seconds or until fragrant. Add Mexican spice mix and cook, stirring occasionally for 1 minute or until combined. Return corn to pan.
6. Add rice to the pan and cook, stirring occasionally, until combined well combined. Stir in black beans, then cook for 2 minutes or until heated. Remove from heat and keep warm until serving time.
7. Prepare accompaniments and divide between 4 green serving bowls so that everyone can add extra fresh ingredients to customise their rice bowl.
8. Divide the rice bowl mixture between the individual serving bowls.

