

Less than 30 minutes

Serves 2

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Ingredients:

- 1 tsp (5ml) each ground cumin and ground coriander
- ½ tsp (3ml) smoked paprika
- 1 can (410g) mixed beans, rinsed and drained
- 3 Tbsp (45ml) olive oil
- 1 tomato, finely diced
- 2 Tbsp (30ml) fresh coriander, chopped + extra for serving
- Salt and milled pepper
- Juice (30ml) of ½ lemon
- 1 cup (250ml) cooked brown rice
- ¼ iceberg lettuce, shredded
- ½ red onion, finely sliced
- ½ packet (60g) corn chips
- 1 small chilli, finely sliced

Method:

1. Dry-fry cumin, coriander and paprika together in a hot pan for a minute while stirring.
2. Add beans and 1 Tbsp (15ml) oil and cook for 5-10 minutes over a medium heat.
3. Mix tomato and coriander together and season well with salt, pepper, 1 Tbsp (15ml) olive oil and 1 tsp (5ml) lemon juice.
4. Divide brown rice between two serving bowls and top with refried beans, shredded lettuce, tomato mixture, red onion slices and corn chips.
5. Dress with chilli, salt, pepper and remaining lemon juice, olive oil and fresh coriander just before serving.

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