



MEXICAN RICE BOWL

Rice Bowl

1 Cup Brown Rice
1 Corn on the Cob
2 Large handfuls mixed lettuce, kale, spinach
1-2 tomatoes, finely diced
1/4 cucumber, finely diced
1 tablespoon red onion, finely diced
salt
1 Avocado
1 handful coriander
4 tablespoons Mexican Bean Mix, or Black Beans
Vegan Sour Cream

Cook 1 cup of Brown rice in boiling water, set aside. Either BBQ or boil the Corn on the Cob until ready. Finely dice tomato, cucumber, onion and mix together to form a pico. Dice avocado and have other items on hand ready for assembly.

Vegan Sour Cream

1 cup soaked cashews
1/2 cup coconut meat
2 tablespoons lemon juice
1 tablespoon apple cider vinegar
1/2 tablespoon miso
1 cup water
1/2 teaspoon
salt

Blend all ingredients together in a blender until smooth. Adjust seasoning where necessary.