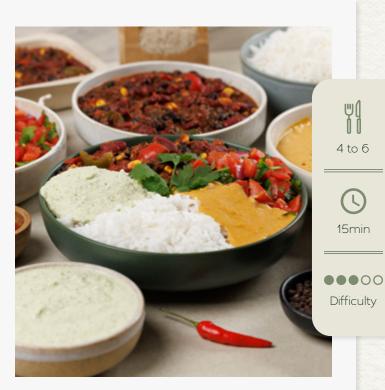


GARDEN OF GOODNESS

# MEAL







MEXICAN RICE BOWL

Experience the vibrant flavours of our Garden of Goodness 'Mexican Rice Bowl' Meal Kit. This certified organic offering brings healthy Mexican-inspired cuisine to your table. Gluten-free, dairy-free, and free from refined sugar, oil, preservatives, and additives, our kit packs a nutritious punch with premium organic ingredients.

We provide everything for a delicious base, plus suggestions for add-ons and pantry staples to customize your bowl. Enjoy a wholesome, flavor-packed meal that caters to various dietary needs without compromising on authentic taste.



# FROM YOUR KIT









- -1x Mac and Cheese Sauce 400g (cooked)
- -1x Mexican Salsa Duo Pack 360g (ready to serve)
  - Coriander Sour Cream
  - Tomato Corn Salsa
- -1x White Rice 200g (uncooked)



# WE RECOMMEND

Mexican Guacamole







2 Avocado's

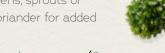
Lemon Juice

Salt & Pepper



## OPTIONAL ADDITIONS

- For extra protein, add your choice of protein
- Sprinkle micro greens, sprouts or fresh herbs like coriander for added micronutrients



a New way to enjoy Gourmet!











## INSTRUCTIONS

## STEP ONE

## COOK THE WHITE RICE\*

- Add 2 cups of water to a saucepan
- Begin heating water just before it reaches boiling, add the rice
- (Optional) Add 1-2 tsp salt for added flavour
- Boil uncovered for 10-15 minutes, stirring occasionally
- Once tender, drain any excess liquid Do not rinse — this helps keep the texture fluffy and flavoursome.

## STEP TWO

## HEAT THE MEXICAN BEAN PACK

## Option A: Microwave

- Pierce or peel back film slightly
- Heat on high for 2-3 minutes
- Use caution container and contents will be hot

## Option B: Stove Top

- Pour contents into a saucepan
- Add a splash of water if needed
- Heat over medium heat for 5-6 minutes, stirring occasionally

Snap a pic of your Meal Kit experience, upload to socials and tag us! @wearegardenofgoodness



## STEP THREE

## HEAT THE MAC AND CHEESE SAUCE

## Option A: Microwave

- Pierce or peel back film slightly.
- Heat on high for 2-3 minutes.
- Use caution container and contents will be hot

## Option B: Stove Top

- Pour contents into a saucepan
- Heat over medium heat for 5-6 minutes, stirring occasionally

## STEP FOUR



## PREPARE THE GUACAMOLE\*

- Remove avocado seeds and scoop flesh into a bowl
- Mash with a fork until smooth or slightly chunky
- Squeeze in ½-1 lemon or lime, to taste
- Add a pinch of salt and mix well
- Optional: Add chopped coriander or diced red onion for extra punch \*The Guacamole is optional

### STEP FIVE





- No heating required serve chilled or at room temperature
- Place vour Mexican Salsa & Sour Cream into 2 small servina bowls

## STEP SIX



Load your bowl with - cooked rice, a scoop of Mexican Beans, drizzle Mac & Cheese Sauce, top with Tomato Corn Salsa and Coriander Sour Cream. Add Guacamole for extra freshness!





