



GARDEN OF GOODNESS

 **MEAL
KITS**



4 to 6



15min



Difficulty

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.

FAMILY FRIENDLY



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

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

UNPACK THE MEXICAN SALSA & SOUR CREAM

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



STEP SIX

BUILD YOUR BOWL & ENJOY!

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!



BY GARDEN OF GOODNESS

SHARE YOUR LOVE OF
OUR MEAL KITS!

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upload to socials and tag us!
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