

This delicious and nutritious meal is so quick and easy to prepare. The chorizo adds a flavour kick, and the beans and rice together provide a complete protein. For a vegetarian version, simply omit the chorizo, and replace it with 150 g button mushrooms, sliced.

Chorizo, rice, pepper and bean bowl

Preparation time: 15 minutes

Cooking time: 15 minutes

Serves 4

Gluten-free (see tips)

Dairy-free

2 teaspoons olive oil

1 red onion, finely chopped

1 large chorizo (about 150 g/5½ oz), diced

1 teaspoon sweet paprika

1 red capsicum (pepper), seeded and diced

2 cobs sweetcorn, kernels removed

400 g (14 oz) tin red kidney beans, drained and rinsed (see tips)

340 g (2 cups) cooked brown rice

100 g (3½ oz) kale, centre veins removed, leaves chopped

Lime wedges, to serve

Natural yoghurt, to serve

1 Heat the olive oil in a large saucepan over medium heat. Add the onion and chorizo and cook, stirring, for 5 minutes or until chorizo is golden. Add the paprika and cook, stirring, for 1 minute or until fragrant.

2 Add the capsicum and corn and cook, stirring, for 2 minutes or until almost tender. Add the beans and rice and cook for 2 minutes or until heated through. Add the kale and cook, stirring, until just wilted.

3 Serve with a wedge of lime and a dollop of yoghurt.

Tip: For a gluten-free version, use gluten-free chorizo.

Tip: You can replace the tinned kidney beans with 255 g (1½ cups) cooked kidney beans, and you can replace the kale with trimmed silverbeet (Swiss chard) or English spinach leaves.