

Red rice tacos (vegetarian)

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Red rice tacos (vegetarian)

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Ditch the salt, cream and cheese in favour of health, fresh Mexican dishes like these vegetarian red rice tacos.

INGREDIENTS

- 1 cup red [rice](#) (See Note)
- 2 cups of water
- ¼ cup of water
- ½ large brown onion, peeled and finely diced
- 3 large cloves of garlic, peeled and minced
- 1 tsp cumin seeds
- Pinch of hot cayenne
- 1 tsp dried oregano
- 1 tsp smoked paprika
- 2 small tomatoes, cored and finely diced
- ½ large [red capsicum](#), finely diced
- 2 tsp tomato paste
- ½ cup of vegetable stock
- ¼ tsp salt
- 1 small bunch of fresh coriander, washed and drained
- 8 taco shells
- 1 avocado (sliced)

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- Dairy-free sour cream to serve

METHOD

Rinse and drain the rice then place it in a small pot with two cups water. Bring it to the boil, then cover the pot, turn the heat down and simmer until cooked. This takes about 30 to 40 minutes. While the rice is cooking, finely slice the coriander stems, roughly chop the leaves and set them aside.

Put the quarter-cup of water into a large pan and sauté the onions and garlic on a low heat until the onions are translucent. Add the cumin seeds, cayenne, oregano and paprika and sauté on a low heat for a minute or two. Add the tomatoes, capsicum, tomato paste and the vegetable stock and cook on a low heat for a couple of minutes.

Add the cooked rice and coriander stems to the pan with the rest of the ingredients. Stir the mixture so all the flavours combine. If the mixture is too wet just cook it a little longer.

Spoon equal amounts into the taco shells and garnish with the chopped coriander leaves.

Serve with sliced avocado and dairy-free sour cream. They are lovely topped with a bit of spicy salsa too.

Note: You can get red rice from Asian grocers. If you can't find red rice you can substitute it with brown rice.

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Recipe from Mel B, thekindcook.com.

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