



MEXICAN RICE

SERVINGS - 04

PREPPING TIME: 15 MIN

COOKING TIME: 25-30 MIN

Ingredients:

- 500 g cooked boiled rice (preferably Kolam rice)
- 300 g tomato puree
- 350 g tomato salsa
- 40 g boiled black beans
- 13 g The Mexican Tapas Bar Rice Seasoning
- 19 g oil (about 1½ tbsp.)
- 5 g salt (about 1 tsp, or to taste)

Instructions:

Step 1: Boiling Method

Rinse the Kolam rice 2–3 times under running water until the water runs clear. Soak the rice for 15-20 minutes, then drain. Bring 500 ml water to a boil in a saucepan. Add the soaked rice and stir once. Reduce the heat to low, cover with a lid, and cook for 12-15 minutes or until the rice is tender and the water is absorbed. Turn off the heat and let the rice rest for 5 minutes. Fluff gently with a fork. Measure approximately 500 g cooked rice for the recipe.

Step 2: Heat the Oil

Place a large pan over medium heat. Add the oil and allow it to heat.

Step 3: Cook the Tomato Puree

Add the tomato puree to the hot oil. Cook for 3-5 minutes, stirring occasionally, until the raw tomato flavours reduces.

Step 4: Add the Rice

Add the cooked boiled rice to the pan. Mix gently so that the rice is evenly coated with the tomato puree. Cook for 2-3 minutes while stirring carefully.

Step 5: Add the boiled black beans

Add in the boiled black beans. Mix thoroughly to

distribute the beans evenly throughout the rice. Cook for another 2 minutes.

Step 6: Add the Salsa and Seasoning

Add the tomato salsa and mix well. Sprinkle in the Mexican rice seasoning and salt. Stir until all ingredients are fully combined and the rice is evenly seasoned.

Step 7: Finish and Serve

Cook for 1-2 minutes more until heated through. Remove from heat and serve hot.

Serving Suggestions

Serve with: Burritos, Quesadillas, Grilled vegetables, Mexican-style beans and Enchiladas

Serving Suggestion

Garnish with fresh coriander, sliced jalapeños, lime wedges, and sour cream if desired.

Approximate Nutritional Value (Per Serving)

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|----------------|-----------------------------------|
| Energy: | 240-280 Kcal |
| Carbohydrates: | 45-50 g |
| Protein: | 4-6 g |
| Fat: | 5-7 g |
| Dietary Fibre: | 2-3 g |
| Sodium: | As per seasoning and salt content |

Chef's Notes

Short grain rice, Kolam rice provides an ideal texture with separate grains and excellent flavour absorption. Tomato salsa contributes freshness, colour, and authentic Mexican character. Black beans enhance texture, nutrition, and visual appeal.

Chef's Tips

Use day-old cooked rice for the best texture and grain separation. Avoid over-mixing to prevent the rice from becoming mushy. For enhanced flavour, add roasted corn kernels or sautéed bell peppers. A squeeze of fresh lime juice before serving brightens the overall taste.

