Spicy rice and black bean bowl with grilled shrimp and avocado sauce

Serves 4-6

Ingredients

Rice and black beans

30 ml (2 tablespoons) olive oil
1 onion, minced
2 garlic cloves, minced
5 ml (1 teaspoon) ground cumin
5 ml (1 teaspoon) ground coriander
375 ml (1½ cup) rice
625 ml (2½ cups) water
540 ml (1 can) black beans, rinsed and strained
3 green onions, minced
Cilantro leaves, to taste
Salt and pepper

Avocado sauce

2 avocados, peeled and pitted
60 ml (¼ cup) sour cream
60 ml (¼ cup) cilantro leaves
45 ml (3 tablespoons) chive, minced
30 ml (2 tablespoons) olive oil
1 garlic clove, minced
½ jalapeño, seeded and minced
Zest and juice of 1 lime
125 ml (½ cup) water
Salt and pepper

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Garnishes

2 avocados, peeled, pitted and sliced
1 mango, peeled and sliced
2 beets, cooked and thinly sliced
4 radishes, thinly sliced
12 large shrimp, grilled
Lettuce or other greens, to taste

Preparation

1. For the rice, in a saucepan, heat oil and sautée onion with garlic and spices. Add rice and stir. Add water, reduce heat and cover. Simmer until rice has absorbed all the liquid. Remove from heat. Add black beans, green onions and cilantro. Season to taste.
2. For the avocado sauce, using a food processor or blender, purée all the ingredients and season with salt and pepper. Add water if necessary until smooth.
3. Transfer the rice to serving bowls and garnish, to taste. Drizzle with the avocado sauce.