



JUL  
2016

## One-Pot Mexican Quinoa

You won't be left with a pile of dishes after this easy one-pot meal. We've combined quinoa, black beans, diced tomatoes, and corn for a satisfying Mexican-inspired meal. For a touch of richness, creamy avocado and tangy feta finish off the dish.



Prep  
30 min



level 1



veggie



gluten  
free



Quinoa



Garlic



Jalapeño



Vegetable Broth  
Concentrates



Black Beans



Tomato



Corn



Chili Powder



Cumin




Avocados



Feta Cheese

## Ingredients

	2 People	4 People
Quinoa	1 pkg	2 pkg
Garlic	2 cloves	4 cloves
Jalapeno 	1	1
Vegetable Broth Concentrate	1	2
Black Beans	1 can	2 cans
Tomato	1	2
Corn	1 pkg	2 pkg
Chili Powder	1 pkg	2 pkg
Cumin	1 pkg	2 pkg
Avocados	1	2
Feta <span style="color: green;">1)</span>	1 pkg	2 pkg
Olive or Canola Oil*		

\*Not Included

## Allergens

1) Milk/Lait

## Tools

Strainer, Large Pot

Ruler

0 in 1/4 in 1/2 in 3/4 in 1 in

**Nutrition per person** Calories: 778 cal | Fat: 25 g | Sat. Fat: 5 g | Protein: 35 g | Carbs: 95 g | Sugar: 14 g | Sodium: 1060 mg | Fiber: 31 g

*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*



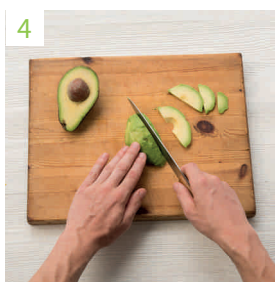
**1 Prep: Wash and dry all produce.** Mince the **garlic**. Finely chop the **jalapeño**, removing the ribs and seeds if you prefer less heat. Drain and rinse the **beans**. (**TIP:** Make sure to thoroughly wash hands and surfaces after handling the **jalapeño**. The heat is transferable and can burn more than just your mouth!) Chop the **tomato(es)** into 1/2-inch cubes.



**2** Heat a drizzle of **oil** in a large pot over medium heat. Add the **garlic** and as much **jalapeño** as you like and cook 30 seconds, until fragrant. Add the **chili powder** and **cumin** and cook for another 30 seconds. Season with **salt** and **pepper**.



**3 Cook the quinoa:** Add the **quinoa, broth concentrate(s), beans, corn, diced tomatoes**, and **1 1/2 cups water** (double for 4 people) to the pot. Season with **salt** and **pepper**. Bring to a boil, cover, then reduce heat to low. Cook for about 15 minutes, until **quinoa** is tender.



**4 Finish and serve:** Peel, pit, and slice the **avocados**. Once tender, fluff the **quinoa mixture** with a fork and serve with **avocado slices** and **feta** on top. Enjoy!

Share your masterpiece! Tag your photos with #HelloFreshLife and share on   

HelloFresh.ca | hello@hellofresh.ca