



More than Food

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## 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.



30 min



level 1



veggie



nut free



gluten free



Quinoa



Garlic



Jalapeño



Vegetable Stock Concentrates



Black Beans



Diced Tomatoes



Corn



Chili Powder



Cumin




Avocados



Feta Cheese

## Ingredients

4 People

Quinoa	1 ½ cups
Garlic	4 cloves
Jalapeño 	1
Vegetable Stock Concentrates	2
Black Beans	2 boxes
Diced Tomatoes	2 boxes
Corn	24 oz
Chili Powder	2 t
Cumin	2 t
Avocados	2
Feta Cheese	1) 4 oz
Olive Oil*	2 t

\*Not Included

## Allergens

1) Milk

## Tools

Strainer, Large Pot

Ruler

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**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

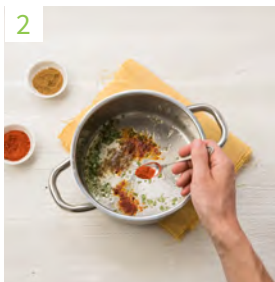
Make sure to wash and dry produce before prepping or cooking!



1

**1** Mince the **garlic**. Finely chop the **jalapeño**, removing the ribs and seeds if you prefer less heat. Drain and rinse the **beans** and **corn**.

**TIP:** Make sure to thoroughly wash hands and surfaces after handling the **jalapeño pepper**. The heat is transferable and can burn more than just your throat!



2

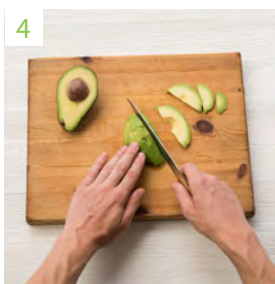
**2** Heat a large drizzle of **oil** in a large pot over medium heat. Add the **garlic** and **jalapeño (to taste, it's spicy)** and cook 30 seconds, until fragrant. Add the **chili powder** and **cumin** and cook for another 30 seconds to bloom. Season with **salt** and **pepper**.

**Did you know?** You can add extra flavor to dried spices by toasting whole spices in a dry pan or cooking ground spices in oil (this technique is called “blooming”).



3

**3** Add the **quinoa, stock concentrates, beans, corn, diced tomatoes,** and **2 cups water** to the pot. Season with **salt** and **pepper**. Bring to a boil, cover, and reduce heat to low. Cook for about 15 minutes, until **quinoa** is tender.



4

**4** 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!