



AUG
2016

One-Pot Mexican Quinoa

with Sweet Corn, Feta, and Jalapeño

Say goodbye to huge piles of dishes and long after-dinner cleanups. We've created a one-pot Mexican wonder loaded with hearty quinoa, black beans, and diced tomatoes—not to mention chunks upon chunks of creamy feta cheese.



Prep: 10 min
Total: 30 min



level 1



nut
free



gluten
free



veggie



Quinoa



Black
Beans



Diced
Tomatoes



Feta
Cheese



Garlic



Jalapeño
Pepper



Vegetable Stock
Concentrate



Corn on
the Cob



Chili
Powder



Cumin



Scallions

Ingredients

	2 People	4 People
Quinoa	¾ Cup	1½ Cups
Black Beans	1 Box	2 Boxes
Diced Tomatoes	1 Box	2 Boxes
Feta Cheese 1)	¼ Cup	½ Cup
Garlic	2 Cloves	4 Cloves
Jalapeño Pepper 🌶️	1	2
Vegetable Stock Concentrate	1	2
Corn on the Cob	1 Ear	2 Ears
Chili Powder 🌶️	1 t	2 t
Cumin	1 t	2 t
Scallions	2	4
Olive Oil*	1 t	2 t

*Not Included

Allergens

1) Milk

Tools

Strainer, Large pan

Ruler

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Nutrition per person Calories: 680 cal | Fat: 13 g | Sat. Fat: 4 g | Protein: 34 g | Carbs: 106 g | Sugar: 16 g | Sodium: 1055 mg | Fiber: 27 g

1



1 Prep: Wash and dry all produce. Mince the garlic.

Shuck the **corn**, then cut the kernels off the cob. Thinly slice the **scallions**, keeping the **greens** and **whites** separate. Finely chop the **jalapeño**, removing ribs and seeds if you prefer less heat. Drain and rinse the **beans**.

2



2 Cook the aromatics:

Heat a drizzle of **olive oil** in a large pan over medium heat. Add the **garlic**, **scallion whites**, and as much **jalapeño** as you like (start with a little and go up from there). Cook 1 minute, until fragrant. Add the **chili powder** and **cumin**. Cook another 30 seconds. Season with **salt** and **pepper**.

3



3 Simmer:

Add the **quinoa**, **stock concentrate**, **beans**, **corn**, **diced tomatoes**, and **1 cup water** to the pan. Season with **salt** and **pepper**. Bring to a boil, cover, and reduce heat to low. Cook about 15 minutes, until quinoa is cooked through.

4



4 Finish and serve:

Once tender, fluff the **quinoa mixture** with a fork. Season with **salt** and **pepper**. Serve with the **scallion greens** and **feta** on top. Enjoy!

Share your masterpiece on social media! Tag your photos with #HelloFreshPics, and you'll be entered into our weekly photo contest!

