



# SOUTHWESTERN SUPERFOOD JUMBLE

with Black Beans and Quinoa



## HELLO CUMIN-LIME DRESSING

Infuses tangy, earthy flavor into every bite

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 700



Veggie Stock Concentrate



Jalapeño Pepper



Cilantro



Quinoa



Corn



Feta Cheese  
(Contains: Milk)



Red Bell Pepper



Lime



Black Beans



Pepitas



Cumin

## START STRONG

Thoroughly wash your hands, cutting board, and knife after handling the jalapeño to avoid getting heat anywhere you don't want it.

## BUST OUT

- Small pot
- Strainer
- Medium pan
- Small bowl
- Large bowl
- Olive oil (4 tsp | 8 tsp)

## INGREDIENTS

Ingredient 2-person | 4-person

- |   |                |
|---|----------------|
| • Veggie Stock Concentrate  | 1   2          |
| • Red Bell Pepper   | 1   2          |
| • Jalapeño Pepper  | 1   1          |
| • Corn  | ½ Can   1 Can  |
| • Black Beans   | ½ Box   1 Box  |
| • Quinoa  | ¾ Cup   1½ Cup |
| • Pepitas   | 1 oz   2 oz    |
| • Cilantro  | ¼ oz   ¼ oz    |
| • Lime  | 1   2          |
| • Cumin   | 2 tsp   3 tsp  |
| • Feta Cheese   | ½ Cup   1 Cup  |

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## 1 BOIL STOCK AND PREP

Wash and dry all produce. In a small pot, bring **1½ cups water** and **stock concentrate** to a boil. Core, seed, and remove white ribs from **bell pepper**, then finely dice. Mince **jalapeño** (remove ribs and seeds for less heat). Drain half the **corn** and half the **black beans** from their containers (use the rest as you like). Rinse black beans.



## 4 COOK CORN AND BEANS

Add drained **corn**, **jalapeño** (to taste), and a drizzle of **olive oil** to same pan over medium-high heat. Cook until lightly browned, 4-5 minutes, tossing. During the last minute or two, add drained **black beans** to warm through. Season to taste with **salt** and **pepper**.



## 2 COOK QUINOA

Once **stock** is boiling, add **quinoa**. Cover and reduce to a low simmer. Cook until tender, 15-20 minutes.



## 5 PREP CILANTRO AND MAKE DRESSING

Roughly chop **cilantro**. Cut **lime** into halves. In a small bowl, whisk together juice from half the **lime**, **cumin**, and **1 TBSP olive oil**.



## 3 TOAST PEPITAS

Heat a medium pan over medium heat. Add **pepitas** and toast in pan until they are lightly browned and smell nutty, 2-3 minutes, stirring frequently. Remove from pan and set aside. **TIP:** If pepitas seem like they might burn, immediately remove pan from heat.



## 6 FINISH AND SERVE

Fluff **quinoa** with a fork. In a large bowl, toss **quinoa**, **corn mixture**, **bell pepper**, **cilantro**, and **dressing**. Season generously with **salt** and **pepper**. Divide between plates and sprinkle with **pepitas** and **feta cheese**.

## ZESTY!

The feta adds an unexpected, creamy finishing touch.