



# ONE POT MEXICAN CORN & TOMATO QUINOA

with Avocado



Add the flavour of Mexico to your quinoa



Red Onion



Corn Cob



Garlic



Tri Colour Quinoa



Taco Seasoning



Diced Tomatoes



Lime



Avocado



Coriander

Pantry Staples



Olive Oil



Water

Hands-on: 25 mins  
Ready in: 35 mins

By now, we all know how wonderful quinoa is for you, (and some days, we even remember how to pronounce it too!) but what about how to make it taste great! The trick is big flavours – something this Mexican seasoned dish has in spades.

# BEFORE YOU START

You will need: **chef's knife, chopping board, large bowl, garlic crusher, sieve, medium frying pan with lid and wooden spoon.** Let's start cooking the **One Pot Mexican Corn & Tomato Quinoa with Avocado**



## 1 GET PREPPED

Finely slice the **red onion**. Slice the kernels off the **corn cob** (do this in a large bowl to stop them flying everywhere!) Peel and crush the **garlic**. Rinse the **tri colour quinoa**.

**TIP:** Rinsing the quinoa will enhance the nutty, earthy flavour and remove it's natural coating (saponin) which can give it a bit of a bitter taste.



## 2 COOK THE ONION AND CORN

Heat the **olive oil** in a medium frying pan (use a pan with a tight-fitting lid) over a medium-high heat. Add the **red onion** and **corn** kernels and cook for **5 minutes**, or until softened. Add the **garlic** and cook for **1 minute**, or until fragrant.



## 3 COOK THE MEXICAN QUINOA

➕ Add the **taco seasoning, quinoa, diced tomatoes and water** to the same pan. Season with **salt and pepper** and bring to the boil. Reduce the heat to medium and simmer, covered, for **20 minutes** or until the quinoa is tender but still has a slight bite and all the liquid has been absorbed.

*Adding quinoa to the frying pan with a spice mix and garlic is a simple way to add flavour with minimal fuss!*



## 4 PREPARE TOPPINGS

Meanwhile, juice the **lime**, dice the **avocado** and finely chop the **coriander** leaves.



## 5 ADD A TOUCH OF CITRUS

When the quinoa is cooked, remove from the heat, fluff up with a fork and stir through the **lime** juice.



## 6 SERVE UP

Divide the one pot Mexican corn & tomato quinoa between bowls. Top with avocado and coriander.

# ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
red onion 🌱	½	1
corn cob	1	2
garlic	1 clove	2 cloves
tri colour quinoa	1 packet (½ cup)	2 packets (1 cup)
olive oil*	1 tbs	2 tbs
taco seasoning	½ sachet (1 tsp)	1 sachet (2 tsp)
diced tomatoes	½ tin (200g)	1 tin (400g)
water* (for quinoa)	½ cup	1 cup
lime	1	2
avocado	1	2
coriander	1 bunch	2 bunches

\*Pantry Items | 🌱 Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2230kJ (532Cal)	404kJ (97Cal)
Protein (g)	14.4g	2.6g
Fat, total (g)	31.2g	5.7g
- saturated (g)	5.4g	1.0g
Carbohydrate (g)	54.9g	10.0g
- sugars (g)	10.2g	1.9g
Sodium (g)	133mg	24mg

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2017 | WK15 | V3

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