

Mexican Quinoa Bean Bowl

with Lime, Zesty Yoghurt & Fetta

Grab your Meal Kit with this symbol



Tri-Colour Quinoa



Vegetable Stock Pot



Garlic



Corn



Tomato



Cucumber



Lime



Coriander



Black Beans



Greek-Style Yoghurt



Fetta Cubes



Tex-Mex Spice Blend



Baby Spinach Leaves

 Hands-on: 20-30 mins
Ready in: 30-40 mins
 Naturally gluten-free
Not suitable for Coeliacs

 Calorie Smart

We're excited that this Mexican bowl is loaded with wholesome quinoa and fibre-rich beans. Teamed with crisp veggies and zesty lime, you'll love how each mouthful is bursting with flavour. A nutritionally balanced meal everyone will love!

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
tri-colour quinoa	1 packet	2 packets
vegetable stock pot	½ tub (10g)	1 tub (20g)
water* (for the quinoa)	1½ cups	3 cups
garlic	2 cloves	4 cloves
corn	1 cob	2 cobs
tomato	1	2
cucumber	1	2
lime	1	2
coriander	1 bag	1 bag
black beans	1 tin	2 tins
Greek-style yoghurt	1 packet (100g)	1 packet (200g)
fetta cubes	1 medium packet	1 large packet
Tex-Mex spice blend	1 sachet	2 sachets
baby spinach leaves	1 bag (60g)	1 bag (120g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2216kJ (529Cal)	438kJ (104Cal)
Protein (g)	25.9g	5.1g
Fat, total (g)	14.6g	2.9g
- saturated (g)	6.1g	1.2g
Carbohydrate (g)	61.8g	12.2g
- sugars (g)	14.8g	2.9g
Sodium (mg)	1330mg	263mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the quinoa

Rinse the **tri-colour quinoa** well. Place the **quinoa**, **vegetable stock pot** (see ingredients) and the **water** in a medium saucepan and cover with a lid. Bring to the boil, then reduce the heat to medium and simmer, uncovered, until the quinoa is tender and the water is absorbed, **8-10 minutes**. Cover to keep warm.



Prep the quinoa

Finely chop the **tomato** and **cucumber**. Roughly chop the **coriander**.



Get prepped

While the quinoa is cooking, finely chop the **garlic**. Slice the kernels off the **corn** cob. Zest the **lime** to get a generous pinch, then slice into wedges. Drain the **black beans**. In a small bowl, combine the **Greek-style yoghurt** and **lime zest**. Set aside.



Bring it all together

Add the cooked **quinoa** and **baby spinach leaves** to the frying pan. Stir to combine. In a medium bowl, combine the **tomato**, **cucumber** and a squeeze of **lime juice**. Season with **salt** and **pepper**.



Cook the corn & beans

Heat a large frying pan over a high heat. Add the **corn** kernels and cook until lightly charred, **4-5 minutes**. Reduce the heat to medium-high. Add a drizzle of **olive oil**, the **garlic** and **Tex-Mex spice blend** and cook until fragrant, **1-2 minutes**. Add the **black beans** and cook until heated through, **3-4 minutes**.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.



Serve up

Divide the Mexican quinoa beans between bowls. Serve with the lime tomato salsa. Top with the zesty yoghurt and crumble over the **fetta cubes**. Garnish with the coriander and serve with remaining lime wedges.

Enjoy!