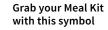
Mexican Quinoa Bean Bowl with Lime, Zesty Yoghurt & Fetta









Quinoa











Cucumber

Tomato





Coriander





Black Beans





Fetta Cubes

Spice Blend



Baby Spinach

Leaves

Hands-on: 20-30 mins Ready in: 30-40 mins Naturally gluten-free

Not suitable for Coeliacs



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

9		
	2 People	4 People
olive oil*	refer to method	refer to method
tri-colour quinoa	1 packet	2 packets
vegetable stock	½ tub	1 tub
pot	(10g)	(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	1 packet	1 packet
yoghurt	(100g)	(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

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	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.



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.



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.



Prep the quinoa

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



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**.



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!