



MEXICAN STYLE GOODNESS BOWL

with Roasted Squash, Black Beans and Tomato Salad



BALANCED RECIPE



HELLO QUINOA

Quinoa is one of a few plant foods which can be considered to be a complete protein as it contains all nine essential amino acids. Essential amino acids, are a group of amino acids which can't be made in the body and must be sourced from food.



Diced Butternut Squash



Mexican Spice



Quinoa



Vegetable Stock Powder



Black Beans



Ground Cumin



Coriander



Lime



Spring Onion



Vine Tomato



Rocket



Pumpkin Seeds

MEAL BAG

35 mins

4 of your 5 a day

Low in sat fat

Balanced

Under 550 calories

Veggie

Quinoa is a pseudo-cereal (a seed which is prepared and consumed like a grain) and is one of a few plant food which can be considered to be a complete protein as it contains all 9 essential amino acids. Forming the base of our delicious Mexican-inspired goodness bowl, quinoa is topped with fresh zingy ingredients like roasted spiced butternut squash, black bean purée, tomato salad and peppery rocket. Hearty and wholesome, this healthy recipe is the perfect thing for an easy mid-week dinner.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Baking Tray**, **Large Saucepan** (with a **Lid**), **Sieve**, **Measuring Jug**, **Potato Masher**, **Fine Grater** and **Mixing Bowl**. Now, let's get cooking!



1 ROAST THE SQUASH

Preheat your oven to 200°C. Fill and boil the kettle. Pop the **butternut squash** onto a baking tray. Sprinkle over **half** the **Mexican spice** and season with **salt** and **pepper**. Drizzle on a little **oil** then rub the **seasoning** all over the **squash** to evenly coat. Arrange in one layer, then pop on the top shelf of the oven. Roast until tender and golden, 25-30 mins. Turn halfway through cooking.



4 GET CHOPPING

While everything is cooking, roughly chop the **coriander** (stalks and all). Zest and halve the **lime**. Trim the **spring onion** then slice thinly. Chop the **tomato** into small chunks and pop into a small mixing bowl. Add the **lime zest**, **juice** from **half** the **lime**, a pinch of **salt** and a good grind of **pepper**. Mix together.



2 COOK THE QUINOA

Meanwhile, pour the boiling **water** from your kettle into a large saucepan and bring back to the boil. Pop the **quinoa** and **half** the **stock powder** into the pan. Stir to dissolve the **stock powder**, then reduce the heat. Simmer until the **quinoa** has doubled in size and the seed has visibly split, 12-15 mins. Once cooked, drain in a sieve and return to the pan, off the heat. Cover with a lid and set aside.



5 LAST STEP

Once the **beans** are done (you may want to add a splash more **water** if they appear too dry), mix in **half** the **coriander** and some remaining **lime juice** and **salt** and **pepper** to taste. Once the **quinoa** is done, stir in the remaining **coriander**, **half** the **spring onion** and season with **salt** and **pepper** to taste.



3 MAKE THE BEANS

Drain and rinse the **black beans** in the sieve. Bring the **water** (see ingredients for amount) to the boil in a small saucepan over high heat. Stir in the **ground cumin**, remaining **Mexican spice** and **stock powder**. Add the **beans** then mash **half** of them with a potato masher. Once boiling, reduce the heat slightly. Simmer stirring often, until the water has evaporated and you are left with a thick **bean purée**, 8-10 mins.



6 FEEL THE GLOW!

Divide the **quinoa** between your bowls. Cover one third with the **Mexican style beans**, one third with the **tomato salad** and the final third with the **rocket**. Pop the **roasted squash** on top and sprinkle over the **pumpkin seeds** and remaining **spring onion**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Diced Butternut Squash *	1 small pack	1 medium pack	1 large pack
Mexican Spice	1 small pot	¾ large pot	1 large pot
Quinoa	120g	180g	240g
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Black Beans	1 carton	1½ cartons	2 cartons
Water*	100ml	150ml	200ml
Ground Cumin	1 small pot	¾ large pot	1 large pot
Coriander *	1 bunch	1 bunch	1 bunch
Lime *	1	2	2
Spring Onion *	1	2	2
Vine Tomato	2	3	4
Rocket *	1 bag	1½ bags	2 bags
Pumpkin Seeds	1 bag	1½ bags	2 bags

*Not Included

* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 501G	PER 100G
Energy (kcal)	473	94
(kJ)	1977	394
Fat (g)	9	2
Sat. Fat (g)	1	1
Carbohydrate (g)	66	13
Sugars (g)	17	3
Protein (g)	24	5
Salt (g)	1.84	0.37

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

10) Celery

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

Head online or use our app to rate this recipe or get in touch via hello@hellofresh.co.uk



You made this, now show it off! Share your creations with us:

📷 🐦 📘 📺 #HelloFreshSnaps

HelloFresh UK

The Fresh Farm
60 Worship St, London EC2A 2EZ

♻️ YOU CAN RECYCLE ME!

Packed in the UK

🌱 HelloFRESH