



MEXICAN SPICED SQUASH

with Avocado & Black Bean Salsa and Quinoa



HELLO QUINOA

We cook and eat quinoa like a grain but it's actually the seed of a plant that's related to spinach!



Butternut Squash



Mexican Spice



Vegetable Stock Pot



Quinoa



Vine Tomato



Avocado



Lime



Black Beans



Coriander



Mint



Sour Cream



Pumpkin Seeds

MEAL BAG

35 mins

4 of your 5 a day

Medium heat

Veggie

Cook within 3 Days of Delivery

We love black beans for the drama that their jet-bead good looks can bring to a dish. But for less shallow reasons too! Simultaneously nutty and creamy, they're a good source of both protein and fibre and make a delicious addition to this zingy, Mexican-inspired dish of butternut squash, quinoa and avocado.

BEFORE YOU START

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



1 ROAST THE SQUASH

Preheat your oven to 200°C. Trim the ends from the **butternut squash** then halve lengthways and scoop out the seeds. Chop it widthways into 2cm lengths, then chop into 2cm chunks (no need to peel). Place on a lightly oiled baking tray. Sprinkle over **half the Mexican spice** and a pinch of **salt**. Toss to coat then spread out evenly and roast on the top shelf of your oven until charred at the edges, 30 mins. Turn halfway through cooking.



4 ADD THE BEANS

Drain and rinse the **black beans** in a colander. Roughly chop the **coriander** (stalks and all). Pick the **mint leaves** from their stalks and finely chop (discard the stalks). Add the **black beans, coriander** and **half the mint** to the **salsa**. Add a pinch of the remaining **Mexican spice** and the **olive oil** (see ingredients for amount). Season to taste with **salt, pepper** or more **spice** if you like it hot!



2 COOK THE QUINOA

Pour the **water** (see ingredients for amount) into a large saucepan and bring to the boil. When boiling, add the **stock pot** and stir to dissolve. Lower the heat to medium and add the **quinoa**. Cook uncovered until the **quinoa** is tender and the seed has split, 11-12 mins. When done, drain in a sieve and leave to cool.



5 MIX THE SOUR CREAM

Mix the remaining **mint** through the **sour cream**. Add a pinch of **salt** and set aside. Transfer the (now cooled) **quinoa** to a large bowl and add a squeeze of **lime juice**, the remaining **zest** and a pinch of **Mexican spice**. Mix together and add **salt** to taste.



3 START THE SALSA

Meanwhile, chop the **vine tomatoes** into small pieces. Pop in a mixing bowl and season with a pinch of **salt**. Halve the **avocado** lengthways and twist apart. Remove the stone, scoop out the flesh with a spoon and put it onto a board. Chop into small pieces and add to the **tomato**. Zest the **lime**. Mix **half the zest** into the **salsa**, along with a squeeze of **lime juice**.



6 ASSEMBLE AND SERVE

Stir **half the salsa** through the **quinoa**, then spoon the **quinoa** into deep bowls. Top with the **butternut squash** and the remaining **salsa**. Dollop on some **sour cream** and sprinkle over the **pumpkin seeds**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Butternut Squash	1 small	1 large	2 small
Mexican Spice	1 small pot	¾ large pot	1 large pot
Water*	500ml	750ml	1ltr
Vegetable Stock Pot (10) 14)	½	¾	1
Quinoa	120g	175g	240g
Vine Tomato	2	3	4
Avocado	1	1½	2
Lime	1	1½	2
Black Beans	1 carton	1½ cartons	2 cartons
Coriander	1 bunch	1 bunch	1 bunch
Mint	1 bunch	1 bunch	1 bunch
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Sour Cream 7)	1 pot	1½ pots	2 pots
Pumpkin Seeds	1 bag	1 bag	2 bags

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 732G	PER 100G
Energy (kcal)	871	119
(kJ)	3642	497
Fat (g)	49	7
Sat. Fat (g)	16	2
Carbohydrate (g)	75	10
Sugars (g)	21	3
Protein (g)	27	4
Salt (g)	2.41	0.33

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 10) Celery 14) Sulphites

🧼 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?

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