

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





Vine Tomato







Black Beans







Sour Cream



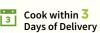
Pumpkin Seeds

35 mins









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 TAR

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!



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.



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.



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.



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!



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.



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!**

INGREDIENTS

	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)	1/2	3/4	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.

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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