



One-Pot Mexican Quinoa and Black Beans

with Cilantro-Lime Crema

Veggie

Spicy

30 Minutes



Black Beans



Poblano Pepper



Garlic Puree



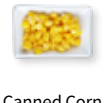
Onion, chopped



Mexican Seasoning



Cilantro



Canned Corn



Crushed Tomatoes



White Quinoa



Lime



Greek Yogurt



Vegetable Broth Concentrate



Cheddar Cheese, shredded

HELLO BLACK BEANS

These beans contain as many antioxidants as blueberries and Brussel sprouts!

Start here

Before starting, wash and dry all produce.

Bust out

Strainer, large pot, zester, small bowl

Ingredients

	2 Person	4 Person
Black Beans	370 ml	740 ml
Poblano Pepper 🌶️	160 g	320 g
Garlic Puree	1 tbsp	2 tbsp
Onion, chopped	56 g	113 g
Mexican Seasoning	1 tbsp	2 tbsp
Cilantro	7 g	14 g
Canned Corn	113 g	227 g
Crushed Tomatoes	370 ml	740 ml
White Quinoa	½ cup	1 cup
Lime	1	2
Greek Yogurt	100 g	200 g
Vegetable Broth Concentrate	1	2
Cheddar Cheese, shredded	½ cup	1 cup
Oil*		
Salt and Pepper*		

* Pantry items

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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1 Prep

Drain and rinse **beans** and **corn**. Core, then cut **poblano** into ½ -inch pieces.



2 Cook aromatics

Heat a large pot over medium heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **onions** and **poblanos**. Cook, stirring often, until softened, 3-4 min. Add **garlic puree** and **Mexican Seasoning**. Cook, stirring often, until fragrant, 30 sec-1 min.



3 Cook quinoa

Add **half the corn** (use all for 4 ppl), **broth concentrate**, **crushed tomatoes**, **beans**, **quinoa** and **1 cup water** (dbl for 4 ppl) to the pot. Bring to a boil over high heat. Once boiling, reduce heat to medium-low. Cover and simmer, stirring once halfway through cooking, until **sauce** has slightly thickened and **quinoa** is cooked through, 16-18 min. Season with **salt** and **pepper**.



4 Prep and make crema

While **quinoa** simmers, roughly chop **cilantro**. Zest **lime**, then cut into wedges. In a small bowl, mix **yogurt**, **lime zest** and **half the cilantro**. Season with **salt** and **pepper**.



5 Finish and serve

When **quinoa** is done, stir in **cheese** and season with **salt** and **pepper**. Divide **Mexican quinoa** between bowls and dollop with **lime crema**. Sprinkle **remaining cilantro** over top and squeeze over a **lime wedge**, if desired.

Dinner Solved!