



CUMIN QUINOA BOWL

with Black Beans, Bell Peppers, and Pepitas



HELLO
CUMIN LIME DRESSING
Infuses tangy, earthy flavor into every bite

PREP: 10 MIN | **TOTAL: 30 MIN** | **CALORIES: 720**



Veggie Stock Concentrate



Jalapeño



Black Beans



Pepitas



Lime



Feta Cheese
(Contains: Milk)



Bell Pepper*



Corn



Quinoa



Cilantro



Cumin

* Your bell pepper may be orange, yellow, or red. No matter what the color, it will still be delicious!

START STRONG


Thoroughly wash your hands, cutting board, and knife after handling the jalapeño to avoid getting heat anywhere you don't want it.

BUST OUT

- Small pot
- Strainer
- Medium pan
- Small bowl
- Large bowl
- Olive oil (4 tsp | 8 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

- | | |
|--|------------------|
| • Veggie Stock Concentrate | 1 2 |
| • Bell Pepper | 1 2 |
| • Lime | 1 2 |
| • Cilantro | ¼ oz ½ oz |
| • Jalapeño  | 1 2 |
| • Corn | 7.5 oz 15 oz |
| • Black Beans | 6.7 oz 13.4 oz |
| • Quinoa | ¾ Cup 1½ Cups |
| • Pepitas | 1 oz 2 oz |
| • Cumin | 2 tsp 3 tsp |
| • Feta Cheese | ½ Cup 1 Cup |

HELLO WINE



PAIR WITH
Maravilloso Mendoza Malbec-
Bonarda Blend, 2017

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



1 PREP

Wash and dry all produce. In a small pot, bring **1½ cups water** and **stock concentrate** to a boil. Core and seed **bell pepper**, then finely dice. Halve **lime**. Roughly chop **cilantro**. Mince **jalapeño** (remove ribs and seeds for less heat). Drain half the **corn** and half the **beans** from their containers (use the rest as you like). Rinse beans.



4 COOK CORN AND BEANS

Add drained **corn**, **jalapeño** (to taste), and a drizzle of **olive oil** to same pan over medium-high heat. Cook, tossing, until lightly browned, 4-5 minutes. During the last minute or two, toss in drained **beans** and allow to warm through. Season with **salt** and **pepper**.



2 COOK QUINOA

Once stock is boiling, add **quinoa** to pot. Cover and reduce to a low simmer. Cook until tender, 15-20 minutes.



5 MAKE DRESSING

In a small bowl, whisk together **cumin**, juice from one **lime half**, and **1 TBSP olive oil**.



3 TOAST PEPITAS

Heat a medium pan over medium heat. Add **pepitas** and toast in pan until lightly browned and nutty smelling, 2-3 minutes, stirring frequently. Remove from pan and set aside. **TIP:** If pepitas seem like they might burn, immediately remove pan from heat.



6 FINISH AND SERVE

Fluff **quinoa** with a fork. In a large bowl, toss together quinoa, **corn mixture**, **bell pepper**, **cilantro**, and **dressing**. Season generously with **salt** and **pepper**. Divide between plates, then sprinkle with **pepitas**, **feta cheese**, and a squeeze of **lime** (to taste).

ZESTY!

The pepita and feta topping really makes this dish pop.

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