



- In your box**
- 2 Garlic Cloves
 - 1 Avocado
 - ¾ cup Quinoa
 - 2 tsp. Vegetable Broth Concentrate
 - 1 Lime
 - ¼ oz. Cilantro
 - 6 oz. Black Beans
 - 4 oz. Grape Tomatoes
 - 2 tsp. Taco Seasoning
 - 1 Poblano Pepper

- Customize It Options**
- 13 oz. Boneless Skinless Chicken Breasts
 - 10 oz. Steak Strips
 - 12 oz. Impossible Burger
 - 10 oz. USDA Choice Sliced Flank Steak

*Contains: none

- You will need**
- Olive Oil, Salt, Pepper
 - Small Pot, Mixing Bowl, Medium Non-Stick Pan

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Classic Meal Kit



Cuban Avocado Black Bean Quinoa Bowl

with cilantro vinaigrette

NUTRITION per serving—Calories: 629, Carbohydrates: 75g, Sugar: 5g, Fiber: 13g, Protein: 17g, Sodium: 1297mg, Fat: 31g, Saturated Fat: 4g
 Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time
25-35 min.

Cook Within
7 days

Difficulty Level
Easy

Spice Level
Medium

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Ingredient(s) used more than once: **garlic**
- Check **avocado** for ripeness upon delivery. If unripe, close in a paper bag, either alone or with a banana, apple, or tomato. Let sit on a counter for a couple days.

Customize It Instructions

- Meat lovers! If using **chicken breasts**, pat dry and season both sides with ¼ tsp. **salt** and a pinch **pepper**. Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**. Cook until browned and chicken reaches minimum internal temperature, 5-7 minutes per side. Slice chicken into ½” slices. If using **flank steak** or **steak strips**, separate into a single layer, pat dry, and season with ¼ tsp. salt and a pinch of pepper. Place a large non-stick pan over medium-high heat and add 1 tsp. olive oil. Stir occasionally until no pink remains and steak reaches minimum internal temperature, 4-6 minutes. If using **Impossible Burger**, cook in a medium non-stick pan over medium heat with 1 tsp. olive oil. Break up burger until heated through, 7-9 minutes. Top finished quinoa bowl with proteins.



1. Cook the Quinoa

- Bring a small pot with **quinoa**, 1½ cups **water**, **vegetable base**, ¼ tsp. **salt**, and a pinch of **pepper** to a boil over high heat.
- Cover, and reduce heat to medium-low. Cook until tender, 14-16 minutes.
- Remove from burner. Set aside covered.
- While quinoa cooks, prepare ingredients.



2. Prepare the Ingredients

- Zest, halve, and juice **lime**.
- Mince **cilantro** (no need to stem).
- Mince **garlic**.
- Drain **black beans**.
- Halve **tomatoes**.
- Halve **avocado** and remove pit by carefully tapping pit with the blade of your knife so it sticks. Gently twist knife to release pit. Scoop out the flesh with a spoon. Thinly slice.
- Stem **poblano pepper**, seed, halve lengthwise, and slice into ½” strips. Poblano peppers can vary in spice level; most are mild, but a few can be quite hot. Wash hands and cutting board after prepping.



3. Make the Cilantro Vinaigrette

- In a mixing bowl, combine **lime juice**, 1 Tbsp. **olive oil**, **cilantro**, 1 tsp. **lime zest**, half the **garlic** (reserve remaining for black beans), ¼ tsp. **salt**, and a pinch of **pepper**. Set aside.



4. Cook the Black Bean Mixture

- Place a medium non-stick pan over medium heat. Add 1 Tbsp. **olive oil** and remaining **garlic** to hot pan. Stir until fragrant, 30-60 seconds.
- Add **poblano pepper** and stir occasionally until softened, 3-5 minutes.
- Add **black beans**, ¼ cup **water**, **seasoning blend**, and a pinch of **salt**. Bring to a boil. Once boiling, reduce heat to low. Cover, and stir occasionally until heated through, 4-5 minutes.
- Remove from burner.



5. Finish the Dish

- Plate dish as pictured on front of card, placing **quinoa** in a bowl and topping with **black bean mixture**, **avocado**, and **tomatoes**. Drizzle **vinaigrette** over bowl. Bon appétit!