



In your box

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

Customize It Options

- 10 oz. Diced Boneless Skinless Chicken Breasts
- 8 oz. Shrimp
- 10 oz. Steak Strips
- 10 oz. Ground Beef

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

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	

Rest steak or pork after cooking, 3 minutes.

Classic Meal Kit



Cuban-Style Avocado Black Bean Quinoa Bowl

with cilantro vinaigrette

NUTRITION per serving—Calories: 620, Carbohydrates: 73g, Sugar: 5g, Fiber: 17g, Protein: 17g, Sodium: 1370mg, 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

4 days

Difficulty Level

Intermediate

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

- Meatlovers! If using protein, cook in a medium non-stick pan over medium heat with 1 tsp. **olive oil**. If using **diced chicken breasts**, pat dry. Stir occasionally until chicken reaches minimum internal temperature, 5-7 minutes. If using **shrimp**, pat dry. Cook until shrimp reach minimum internal temperature, 2-3 minutes per side. If using **ground beef**, break up beef until no pink remains and beef reaches minimum internal temperature, 4-6 minutes. If using **steak strips**, spread into a single layer, pat dry, and coarsely chop. Stir occasionally until no pink remains and steak strips reach minimum internal temperature, 4-6 minutes. Rest, 3 minutes. Add to quinoa bowl as desired.



1. Cook the Quinoa

- Bring a small pot with **quinoa**, 1½ cups **water**, **vegetable broth**, 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).
- Drain **black beans**.
- Halve **tomatoes**.
- Mince **garlic**.
- 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. Prepare Avocado and Finish Dish

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