



NUTRITION *per serving* 68g carbohydrates 31g fat 18g protein 864mg sodium | low-calorie, vegetarian, gluten-free, soy-free, shellfish-free, nut-free



Calories
592



Prep & Cook Time
25-35 min.



Cook Within
3 days



Difficulty
Easy



Spice Level
Mild

IN YOUR BOX

- 1 Red Onion
- ¾ cup Quinoa
- 1 ½ Tbsp. Smoky Chile and Cumin Rub
- 1 Tomato
- 4 Cilantro Sprigs
- 1 Lime
- 1 Jalapeño Pepper
- 2 oz. Sour Cream
- 1 Avocado
- 1 ½ oz. Shredded Cheddar Cheese

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Medium Pot
- Small Bowl
- Mixing Bowl

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HOME CHEF

Quinoa Taco Bowl

with avocado and pico de gallo

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Thoroughly rinse produce and pat dry

WHILE YOU COOK

- Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- Heads Up! Red onion** is used twice. Half is cooked with **quinoa** and remaining is in **pico de gallo**.
- Spice Alert!** Removing seeds from **jalapeño** greatly reduces its spiciness. Control the spice level of this dish by using less jalapeño or omitting entirely for a mild—but-still-delicious meal. Be sure to wash hands, utensils, and cutting board after working with jalapeño.
- Heads Up! Lime juice** is used twice. 1 tsp. is added to **sour cream** and remaining is in **pico de gallo**.
- Heads Up! Lime zest** is used twice. 1 tsp. is added to **sour cream** and a pinch garnishes dish.
- Heads Up! Cilantro** is used twice. Most is added to **pico de gallo**, and a pinch garnishes dish.

FROM THE CHEF

Ripen hard avocados in 1-2 days by closing them in a paper bag alone or with a banana, apple, or tomato.

Did you know...

What's so super about quinoa? Not only is this gluten-free grain packed with protein, but it contains all nine essential amino acids your body can't produce itself.



Cook the Quinoa

Halve and peel **onion**. Cut halves into ¼” dice. Heat 1 tsp. **olive oil** in a medium pot over medium heat. Add **half the onion** (reserve remaining for pico de gallo) and cook, stirring often, until just beginning to soften, 3-4 minutes. Add **quinoa** and **seasoning blend**, stir to combine, and toast 1 minute. Add 1 ½ cups **cold water**, increase heat to high, and bring to a boil. Cover, reduce heat to low, and simmer until water is absorbed and quinoa is tender, 12-15 minutes. While quinoa cooks, prepare ingredients.



Cut the Avocado

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. Cut avocado flesh into ¾” dice. *Waiting to prep avocado helps ensure it doesn't oxidize and discolor before serving.*



Prepare the Ingredients

Core **tomato** and cut into ½” dice. Mince **cilantro** (no need to stem). Zest and halve **lime**. Quarter one half and juice remaining half. Stem **jalapeño**, halve, seed, and mince. Combine **sour cream** with 1 tsp. **lime juice** and 1 tsp. **lime zest** in a small bowl.



Toss the Quinoa

Add cooked **quinoa** to mixing bowl with **pico de gallo** and toss to coat evenly. Taste and season with ¼ tsp. **salt** and a pinch of **pepper**, if desired.



Make the Pico de Gallo

Combine remaining **onion** (to taste), **tomato**, **jalapeño** (to taste), and **cilantro** (reserve a pinch for garnish) in a large mixing bowl. Add 1 Tbsp. **lime juice** and season with ½ tsp. **salt** and ¼ tsp. **pepper**. Mix thoroughly and set aside. Mix every few minutes to marinate evenly.



Plate the Dish

Serve **quinoa** in a shallow bowl. Top with **avocado** and shredded **cheddar**. Top with a dollop of **sour cream** and garnish with remaining **cilantro** and remaining **lime zest**. Serve with **lime wedges** on side.