



In your box

- 2 Garlic Cloves
- 1 Avocado
- ¾ cup Quinoa
- 2 tsp. Vegetable Base
- 1 Lime
- ¼ oz. Cilantro
- 1 Shallot
- 15 ½ oz. Black Beans
- 2 Roma Tomatoes
- 2 tsp. Taco Seasoning

Customize It Options

- 8 oz. Shrimp
- 13 oz. Boneless Skinless Chicken Breasts
- 10 oz. Steak Strips



Cuban Avocado Black Bean Quinoa

with cilantro vinaigrette

NUTRITION per serving—Calories: 737, Carbohydrates: 94g, Fat: 31g, Protein: 24g, Sodium: 1434mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients
**Nutrition & allergen information may vary by protein. Please review protein and meal labels for details.*

Prep & Cook Time
30-40 min.

Cook Within
7 days

Difficulty Level ● ○ ○ ○
Easy

Spice Level ○ ○ ○ ○
Not Spicy

① You will need

Olive Oil, Salt, Pepper

Small Pot, Mixing Bowl, Medium Non-Stick Pan

👑 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
- 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.



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 and halve **lime**. Quarter one half and juice remaining half.
- Mince **cilantro** (no need to stem).
- Mince **garlic**.
- Peel and halve **shallot**. Cut into ¼" dice.
- Drain **black beans**.
- Core **tomato** and cut into ¼" dice.
- 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 into ¼" slice.



3

Make the Cilantro Vinaigrette

- In a mixing bowl, combine 2 Tbsp. **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.
- *Meat lovers! If using **chicken**, pat dry and cut into 1" dice on a separate cutting board. Season all over with ¼ tsp. salt and a pinch of pepper. Stir occasionally with 2 tsp. olive oil in a medium non-stick pan over medium-high heat until chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes. If using **shrimp**, pat dry. Cook with 1 tsp. olive oil in a medium non-stick pan over medium-high heat until shrimp reaches a minimum internal temperature of 145 degrees, 2-3 minutes per side. If using **steak strips**, separate into a single layer and pat dry. Season all over with a pinch of salt and pepper. Stir occasionally with 1 tsp. olive oil in a medium non-stick pan over medium-high heat until no pink remains, 4-6 minutes. Transfer to a plate, and tent with foil. Wipe pan clean before making beans.*



4

Cook the Black Beans

- Place a medium non-stick pan over medium heat. Add 1 Tbsp. **olive oil** and **shallot** to hot pan. Stir often until softened, 1-2 minutes.
- Add remaining **garlic** and stir until fragrant, 30-60 seconds.
- Add **black beans**, ¼ cup **water**, and **taco seasoning** and bring to a boil. Lower to a simmer, cover, and cook until heated through, 5 minutes.
- Season with a pinch of **salt**. Remove from burner.



5

Finish the Dish

- Plate dish as pictured on front of card, placing **quinoa** in a bowl and topping with **black beans**, **avocado**, and **tomatoes**.
- *If using protein, place on top of quinoa.*
- Drizzle **vinaigrette** over top and squeeze **lime quarters** over to taste. Bon appétit!