



### In your box

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

### Customize It Options

- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Mahi-Mahi Fillets
- 10 oz. Antibiotic-Free Ground Beef

\*Contains: fish (tilapia)

### You will need

- Olive Oil, Salt, Pepper
- Small Pot, Medium Non-Stick Pan, Mixing Bowl



## Cuban Avocado Black Bean Quinoa Bowl

with cilantro vinaigrette

NUTRITION per serving—Calories: 609, Carbohydrates: 74g, Fat: 31g, Protein: 17g, Sodium: 1291mg.

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

Mild

## 👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- 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 protein, cook in a medium non-stick pan over medium-high heat. Transfer to a plate, and tent with foil to keep warm. Wipe pan clean before making beans. Add to bowl as desired. 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 until chicken reaches minimum internal temperature, 5-7 minutes. If using **mahi-mahi**, pat dry and season with ¼ tsp. salt and a pinch of pepper. Cook with 1 tsp. olive oil until mahi-mahi reach a minimum internal temperature of 145 degrees, 3-5 minutes per side. If using **ground beef**, stir occasionally with 1 tsp. olive oil, ¼ tsp. salt, and a pinch of pepper until no pink remains, 4-6 minutes.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



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### Cook the Quinoa

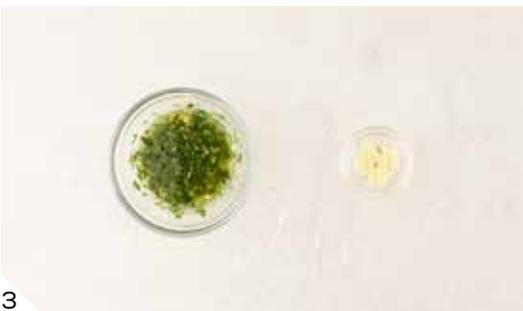
- Bring a small pot with **quinoa**, 1½ cups **water**, **vegetable base**, ¼ tsp. **salt**, and a pinch of **pepper** to a boil over high heat.
- Cover and reduce heat to medium-low. Cook until tender, 14-16 minutes.
- Remove from burner. Set aside covered.
- While quinoa cooks, prepare ingredients.



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### Prepare the Ingredients

- Zest and halve **lime**. Cut one half into wedges and juice remaining half.
- 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. Wash hands and cutting board after prepping.



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### 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.



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### Cook the Black Beans

- 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.



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### 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 and squeeze **lime wedges** over to taste. Bon appétit!