



In your box

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

Customize It Options

- 10 oz. USDA Choice Sliced Flank Steak
- 12 oz. Diced Boneless Skinless Chicken Breasts
- 10 oz. Steak Strips

You will need

- Olive Oil, Salt, Pepper
- Small Pot, Wire-Mesh Strainer, 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

Medium

👑 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 a protein, cook in medium non-stick pan with 2 tsp. **olive oil** before beans and poblano. If using **steak strips** or **flank steak** separate into a single layer and pat dry. Season with ¼ tsp. **salt** and a pinch of **pepper**. Stir occasionally until no pink remains and steak strips reach a minimum internal temperature of 145 degrees, 4-6 minutes. If using **diced chicken**, pat dry and season both sides with ¼ tsp. **salt** and a pinch of **pepper**. Stir occasionally until chicken reaches minimum internal temperature, 5-7 minutes. Remove proteins to a plate before cooking beans. Add to quinoa as desired.

Minimum Internal Temperature

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



1

Cook the Quinoa

- Rinse **quinoa** in a wire-mesh strainer. 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.
- Once boiling, 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 Beans and Poblano

- 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, topping **quinoa** with **black beans**, **poblano**, **avocado**, and **tomatoes**. Drizzle **vinaigrette** over bowl. Bon appétit!