



Product Spotlight: Corn Cob


Corn is a special food, falling into not just one food category but two. The kernels are classified as a vegetable, but if you dry and pop them into popcorn they are considered a grain!



2 Burrito Bowl with Queso Dressing

This burrito bowl is a celebration of colours! Mixed quinoa topped with spiced black beans and corn, fresh mint and a drizzle of cheesy “queso” dressing using Nutty Bay’s cashew cream cheese!

 30 minutes

 2 servings

 Plant-Based

7 September 2020

Spice it up!

Try adding smoked paprika or cayenne pepper to the beans for a more exciting flavour! Finish the bowl with some pickled jalapeños for a kick.

Per serve: **PROTEIN** 34g **TOTAL FAT** 33g **CARBOHYDRATES** 117g

FROM YOUR BOX

MIXED QUINOA	1 packet (100g)
CASHEW CREAM CHEESE	1/2 jar *
RED CAPSICUM	1/2 *
FESTIVAL LETTUCE	1/2 *
MINT	1/2 bunch *
BLACK BEANS	400g
CORN COB	1

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, ground (or smoked) paprika, red wine vinegar, cumin seeds, ground turmeric

KEY UTENSILS

large frypan, saucepan

NOTES

Roughly chop the black beans to create more surface area, allowing more flavour to infuse and encouraging extra crispy edges.

Use smoked paprika instead of ground paprika for even more depth of flavour.



1. COOK THE QUINOA

Place quinoa in a saucepan and cover with plenty of water. Bring to the boil and simmer for 15 minutes or until tender. Drain and rinse. Toss with **1/2 tbsp vinegar**, **1/2 tbsp olive oil**, salt and pepper.



2. PREPARE THE DRESSING

Combine cream cheese with **1/2 tsp paprika** and **1/4-1/3 cup warm water** until it reaches a drizzling consistency. Set aside.



3. PREPARE THE SALAD

Dice capsicum, rinse and tear lettuce leaves. Slice mint leaves. Set aside.



4. COOK THE BLACK BEANS

Drain and roughly chop black beans (see notes). Remove corn from cob. Add to a frypan over medium-high heat with **oil**.



5. ADD THE SPICES

Stir in **1 tsp paprika**, **1/2 tsp cumin seeds** and **1/4 tsp turmeric** (see notes). Cook for 6-8 minutes until slightly crispy. Season with **1/2 tbsp vinegar**, salt and pepper.



6. FINISH AND PLATE

Divide quinoa, salad and black beans among bowls. Drizzle over queso dressing.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

