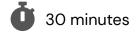


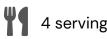


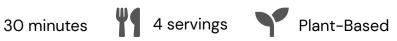
Burrito Bowl

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!







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.

PROTEIN TOTAL FAT CARBOHYDRATES

24g

25g 77g

FROM YOUR BOX

MIXED QUINOA	1 packet (200g)
CASHEW CREAM CHEESE	1/2 jar *
CHERRY TOMATOES	1/2 bag (200g) *
AVOCADO	1
MINT	1/2 bunch *
BABY SPINACH	1/2 bag (100g) *
BLACK BEANS	2 x 400g
CORN COBS	2

^{*}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 tbsp vinegar, 1 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

Halve tomatoes and slice avocado. Slice mint leaves. Set aside with spinach leaves.



4. COOK THE BLACK BEANS

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



5. ADD THE SPICES

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



