




# Mexican Black Bean & Quinoa Bowls

with Guacamole & Roasted Sweet Potato

2 < OR > 4 SERVINGS

-  1 | 2 15.5-oz can Black Beans
-  1/2 | 1 cup Tricolor Quinoa
-  8 | 16 oz Sweet Potato
-  2 | 4 cloves Garlic
-  1 | 2 oz Sliced Pickled Jalapeño Peppers
-  4 | 8 oz Grape Tomatoes
-  1 | 2 Lime
-  2 | 4 Tbsp Crème Fraîche
-  1/4 | 1/2 cup Guacamole
-  2 | 4 Tbsp Raw Pepitas
-  1 | 2 Tbsp Mexican Spice Blend<sup>1</sup>

## CUSTOMIZED OPTIONS:

-  10 | 20 oz Boneless Chicken Breast Pieces

or

-  10 | 20 oz Shrimp<sup>2</sup>



## Cooking for 4 servings?

Cooking instructions are written for 2 servings. If you're cooking for 4, use larger pots and pans, work in batches when necessary, and double any measurements that are highlighted.

## Getting Started

### COOKING TOOLS

Medium Nonstick Pan (*Large for 4*)  
Medium Pot  
Sheet Pan  
Knife  
Cutting Board

### FROM YOUR PANTRY

Olive Oil  
Salt  
Pepper

## Chef's Note

### FEATURED INGREDIENT

Jalapeños are one of the most popular chili peppers used throughout Mexican and American cuisines. Once pickled, jalapeños add a briny, zesty finish along with their signature heat.



## NEW! Splendid Spoon Smoothies

Nutritious, delicious, and ready to drink. Find these antioxidant-rich, plant-based smoothies with Add-ons each week!

1. Ancho Chile Powder, Smoked Paprika, Garlic Powder, Ground Cumin & Dried Mexican Oregano 2. peeled & deveined  
Ingredients may be replaced and quantities may vary.

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at [blueapron.com](https://blueapron.com) or in the Blue Apron app, then click on VIEW FULL NUTRITION. If you purchased this recipe outside of [blueapron.com](https://blueapron.com), nutrition information can be found on the retailer's product page. | Food safety handling information: [blog.blueapron.com/foodsafety](https://blog.blueapron.com/foodsafety)

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

    
Share your photos  
with #blueapron  
Blue Apron, LLC,  
New York, NY 10006





## 1. Prepare & roast the sweet potato

- ☐ Preheat the oven to 450°F.
- ☐ Fill a medium pot  $\frac{3}{4}$  of the way up with salted water; cover and heat to boiling on high.
- ☐ Wash and dry the fresh produce.
- ☐ Line a sheet pan with foil.
- ☐ Medium dice the **sweet potato(es)**.
- ☐ Place on the sheet pan. Drizzle with **olive oil**; season with salt, pepper, and **half the spice blend**. Toss to coat. Arrange in an even layer.
- ☐ Roast 20 to 24 minutes, or until browned and tender when pierced with a fork.
- ☐ Remove from the oven.



## 2. Cook the quinoa

- ☐ Meanwhile, add the **quinoa** to the pot of boiling water and cook, uncovered, 18 to 20 minutes, or until tender. Turn off the heat.
- ☐ Drain thoroughly and return to the pot. Cover to keep warm.



## 3. Prepare the remaining ingredients & marinate the tomatoes

- ☐ Meanwhile, peel and roughly chop **2 cloves of garlic**.
- ☐ Drain and rinse the **beans**.
- ☐ Using a zester or the small side of a box grater, finely grate the **lime** to get **1 teaspoon of zest**. Quarter the **lime(s)**.
- ☐ In a bowl, combine the **guacamole** and **the juice of 2 lime wedges**. Season with salt and pepper.
- ☐ Halve the **tomatoes**; place in a separate bowl. Add the **lime zest** and **the juice of the remaining lime wedges**; season with salt and pepper. Set aside to marinate, stirring occasionally.
- ☐ Roughly chop the **peppers**. Thoroughly wash your hands immediately after handling.



## 4. Toast the pepitas

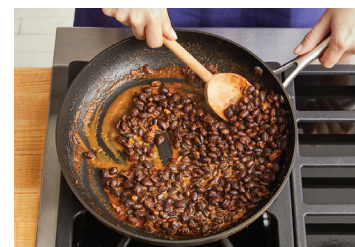
- ☐ In a medium nonstick pan (or large for 4 servings), heat a drizzle of **olive oil** on medium-high until hot.
- ☐ Add the **pepitas**; season with salt and pepper. Cook, stirring frequently, 1 to 3 minutes, or until toasted (be careful, as the pepitas may pop as they toast).
- ☐ Transfer to a bowl and immediately season with salt.
- ☐ Wipe out the pan.



↩ Look for customized instructions before the next step!

## 5. Cook the beans & serve your dish

- ☐ In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- ☐ Add the **chopped garlic**; season with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until softened.
- ☐ Carefully add the **drained beans**, **remaining spice blend**, and  **$\frac{1}{3}$  cup of water**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until combined.
- ☐ Turn off the heat; stir in the **crème fraîche** until combined. Taste, then season with salt and pepper if desired.
- ☐ To the pot of **cooked quinoa**, add a drizzle of **olive oil** and **as much of the chopped peppers as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper; stir to combine.
- ☐ Serve the **finished quinoa** topped with the **roasted sweet potato(es)**, **cooked beans**, **marinated tomatoes** (including any liquid), and **seasoned guacamole**. Garnish with the **toasted pepitas**. Enjoy!



## ↩ Customized Steps

### CHICKEN

#### ADDITIONAL STEP:

- ☐ Pat the **chicken** dry with paper towels; season with salt and pepper.
- ☐ In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- ☐ Add the seasoned chicken in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned. Continue to cook, stirring occasionally, 3 to 4 minutes, or until browned and cooked through.
- ☐ Leaving any browned bits (or fond) in the pan, transfer to a plate. Cover with foil to keep warm.

### SHRIMP

#### ADDITIONAL STEP:

- ☐ Pat the **shrimp** dry with paper towels; season with salt and pepper.
- ☐ In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- ☐ Add the seasoned shrimp. Cook, stirring occasionally, 3 to 5 minutes, or until opaque and cooked through.
- ☐ Leaving any browned bits (or fond) in the pan, transfer to a plate. Cover with foil to keep warm.