



## Mexican Veggie Bowl

with Quinoa and Chipotle Yoghurt



20-30min



4 Portions

Mexican doesn't have to mean heavy. Taking inspiration from Yucatan ceviche, onion and cabbage is lightly pickled here, then tossed with nutty, protein-rich quinoa. Meanwhile, sweet corn, fresh tomato and creamy avocado load you up with nutrients for the day without weighing you down.



## What we send

- red onion
- avocado
- tomato
- red cabbage
- white quinoa
- coriander
- chipotle in adobo sauce <sup>6</sup>
- corn kernels
- Greek-style yoghurt <sup>7</sup>

## What you'll require

- sea salt and pepper
- sugar
- water
- white wine vinegar <sup>17</sup>

## Utensils

- mandoline (optional)
- small saucepan

Our vegies come fresh from the farm, so please wash them before use.

## Allergens

Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 520kcal, Fat 16.6g, Carbs 70.1g, Proteins 15.5g



### 1. Prepare pickling liquid

Put **80ml (1/3 cup) vinegar** and **1 tbs sugar** in a medium saucepan over medium heat. Bring to the boil, stirring to dissolve the sugar, then remove from the heat and set aside.



### 2. Pickle vegetables

Using a mandoline or large sharp knife, very thinly slice the **cabbage**, then slice **half the onion** into rings (reserve the remainder for another use). Put the cabbage and onion in a large bowl, pour over the **pickling liquid** and toss until well combined. Set aside for 15 mins to pickle.



### 3. Cook quinoa

Meanwhile, rinse the **quinoa** well in a sieve. Rinse the saucepan, then add the quinoa and **500ml (2 cups) water**. Bring to the boil, then reduce heat to low and cook, covered, for 10 mins or until water has absorbed and quinoa is tender. Remove from heat and stand, covered, for 5 mins. Fluff with a fork and set aside.



### 4. Prepare vegetables

While the quinoa is cooking, peel and cut the **avocados** into wedges. Coarsely chop the **tomatoes**. Finely chop the **coriander**, including the stems. Rinse the **corn**.



### 5. Make chipotle yoghurt

Combine the **chipotle**, **yoghurt** and **2 1/2 tbs water** in a small bowl. Season with **salt**.



### 6. Get ready to serve

Add the **quinoa** and **coriander** to the **pickled vegetables** in the bowl, then toss to combine. Season with **salt**. Divide the **quinoa mixture**, **avocado**, **tomato** and **corn** among bowls. Drizzle with the **chipotle yoghurt** to serve.