

Sku1489 hero 557e5e8d74c10a8dd20d5b483ed3e859

Black Bean Quinoa Bowl

with Spicy Snap Peas & Radish Salad



20-30min



4 Servings

Black beans and quinoa make for a pretty festive grain bowl, especially when you throw fresh cilantro and tangy lime-dressed radishes in the mix. Crisp, sweet snap peas and sliced jalapeño are broiled to concentrate flavor, then tossed with the vinaigrette and piled on top of the grains and beans. Feel free to leave out the jalapeño or amp them up to suit your own tastes! Cook, relax, and enjoy!

What we send

- fresh cilantro
- ground cumin
- quinoa
- canned black beans
- sugar snap peas
- radishes
- fresh jalapeño
- limes
- shallot
- sour cream

What you need

- kosher salt & ground pepper
- olive oil
- sugar

Tools

- fine-mesh sieve
- saucepan
- rimmed baking sheet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 750kcal, Fat 42g, Carbs 72g, Proteins 23g



1. Prep ingredients

Drain and rinse **beans**. Peel and finely chop $\frac{1}{2}$ **cup shallot**. Pick **cilantro leaves** from **stems**; chop both, keeping leaves and stems separate. Transfer 2 tablespoon shallots to a medium bowl for step 4.



4. Make dressing

Preheat broiler with top rack 6 inches from heat source. To the bowl with **reserved 2 tablespoons shallots**, add **lime juice**, **1 teaspoon cumin**, $\frac{1}{2}$ **teaspoon each sugar and salt**, and **a few grinds pepper**. Whisk in $\frac{1}{4}$ **cup plus 2 tablespoons oil**. Add **radishes** to **dressing** and toss to coat.



2. Cook quinoa

In a medium saucepan, heat **1 tablespoon oil** over medium. Add **cilantro stems** and **remaining chopped shallots**; cook until softened, about 2 minutes. Add **quinoa, beans, 3 cups water**, and **1½ teaspoons salt**. Cover, and bring to a boil over high heat. Reduce heat to medium, and cook until tender, about 17 minutes. Cover to keep warm.



5. Broil peas & jalapeño

On a rimmed baking sheet, toss **snap peas** and **sliced jalapeños** with **2 teaspoons oil**, and **a pinch each salt and pepper**. Broil on top rack until snap peas are tender and just beginning to brown, about 4 minutes (watch closely as broilers vary).



3. Prep vegetables

While **quinoa and beans** cook, trim stem ends from **snap peas**. Trim ends from **radishes**, then halve and cut into $\frac{1}{4}$ -inch wedges. Squeeze $\frac{1}{4}$ **cup lime juice** and cut any remaining lime into wedges. Halve **jalapeño**, remove stem and seeds, then thinly slice **2-3 tablespoons** (or more or less depending on your heat preference).



6. Finish & serve

In a small bowl, whisk **sour cream** with a **pinch each salt and pepper**. Fluff **quinoa-bean mixture** with a fork and spoon into bowls or onto a platter. Top with broiled **snap peas and jalapeños** and **radish salad**. Spoon **sour cream** over top. Garnish with **chopped cilantro leaves**. Enjoy!