

DINNERLY



 HEALTHY

 ONE PAN

Mexican Grain Bowl with Corn and Avocado



20-30 minutes



4 Servings

This super supper bowl is loaded with everyone's favourites - Tex-Mex spices, creamy avocado and fresh sweet corn. Just add a dollop of yoghurt and dive in.

WHAT WE SEND

- 2 corn cobs
- 10g Mexican spice blend
- 3 zucchini
- 150g Greek-style yoghurt⁷
- 1 avocado
- 250g quinoa

WHAT YOU NEED

- garlic clove
- olive oil
- white wine vinegar¹⁷

TOOLS

- medium frypan
- medium saucepan with lid
- sieve

Our veggies come straight from the farm, so please wash them before cooking.

COOKING TIP

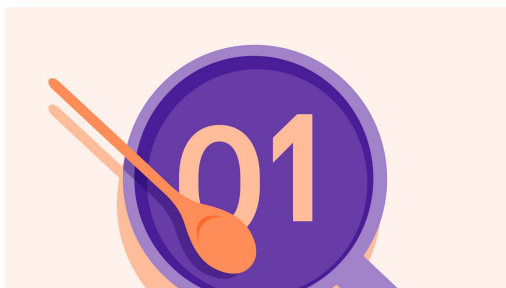
It's important to rinse the quinoa well to remove the natural coating called saponin, which can make it taste bitter or soapy.

ALLERGENS

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

NUTRITION PER SERVING

Energy 635kcal, Fat 38.0g, Carbs 53.2g, Proteins 15.4g



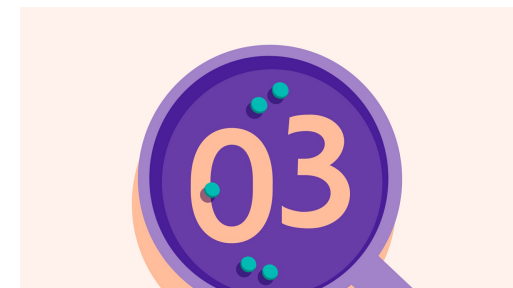
1. Prep ingredients

Bring a medium saucepan of water to the boil for the quinoa. Cut the **corn** kernels from the cobs. Crush or finely chop **2 garlic cloves**. Slice the **avocado**, discarding the skin and stone. Peel the outer part of the **zucchini** into ribbons, then finely chop the remaining inner flesh.



2. Cook quinoa

Rinse the **quinoa** well in a sieve, then drain (see cooking tip). Add the quinoa to the pan of boiling water, return to the boil and cook for 12 mins or until tender. Drain. Return the quinoa to the pan with the **chopped zucchini**, cover and set aside.



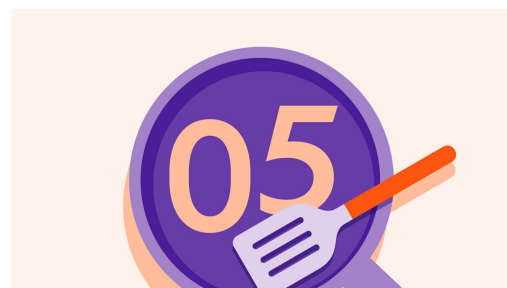
3. Cook corn and spices

Meanwhile, heat **2 tbs olive oil** in a medium frypan over medium heat. Cook the **garlic, corn** and **1 tbs Mexican spice blend**, stirring, for 5 mins or until tender. Remove the pan from the heat.



4. Assemble components

Put the **zucchini ribbons**, **1½ tbs white wine vinegar** and **2 tsp olive oil** in a bowl, season with **salt and pepper** and toss to combine. Combine the **remaining Mexican spice blend** and **1 tsp salt flakes** in a small bowl. Add the **corn mixture**, **1½ tbs white wine vinegar** and **1½ tbs olive oil** to the **quinoa** and stir to combine.



5. Serve up

Divide the **quinoa mixture** among bowls. Top with the **zucchini ribbons** and **avocado**, then drizzle with the **yoghurt**. Scatter over the **Mexican salt** to taste and enjoy.



6. Make it yours

Stir canned black beans through the dish for a protein boost. Or add some extra veggie goodness with chargrilled or fresh capsicum and a scattering of coriander leaves.