

MARLEY SPOON



Cal-Mex Black Bean Salad

with Quinoa and Avocado



20-30min



2 Portions

Cal-Mex was borne of Californians love of Mexican cuisine and demand for healthier foods. Ditch the heavy cheese and sour cream and instead load up on fresh corn, beans and the zingy flavours of lime and coriander. Finish with a serve of fresh avo for a plate of pure sunshine.

What we send

- quinoa
- lime
- capsicum
- coriander, parsley, spring onion
- corn kernels
- avocado
- black beans
- sweet potato
- peri peri seasoning ^{1,17}

What you'll require

- extra virgin olive oil
- olive oil
- sea salt and pepper

Utensils

- medium frypan
- sieve
- small saucepan with lid

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

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

Gluten (1), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 755kcal, Fat 36.7g, Carbs 75.1g, Protein 21.1g



1. Cook quinoa and corn

Bring a medium saucepan of water to the boil for the quinoa. Rinse the **quinoa** well in a sieve, then drain (see cooking tip). Add the quinoa to the pan, return to the boil and cook for 10 mins. Add the **corn**, return to the boil and cook for a further 2 mins or until the quinoa is tender. Drain well.



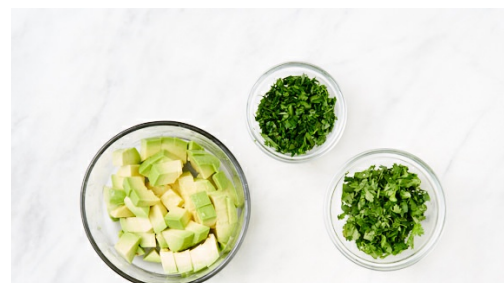
4. Cook vegetables

Heat **1 tbs olive oil** in a medium frypan over medium heat. Add **sweet potato** and **capsicum**, season with **salt and pepper** and cook, stirring, for 8 mins or until softened. Add **spring onion, beans** and **3 tsp peri peri seasoning** (remaining seasoning won't be used in this dish) and cook for a further 2 mins or until the sweet potato is tender. Remove pan from heat.



2. Prepare ingredients

Peel the **sweet potato** and cut into 1cm chunks. Thinly slice the **capsicum**, discarding seeds and membrane. Juice the **lime**. Thinly slice the **spring onion**.



5. Chop herbs and avo

Meanwhile, finely chop the **coriander** and **parsley** leaves, discarding the stems. Finely chop the **avocado** flesh.



3. Rinse beans

Rinse and drain **half the beans** (the remaining beans won't be used in this dish).



6. Get ready to serve

Add the **quinoa, corn, coriander, parsley, lime juice** and **1 tbs extra virgin olive oil** to the **vegetable mixture**, season with **salt and pepper** and stir to combine. Divide the **quinoa salad** among bowls. Scatter over the **avocado** to serve.