



Mexican Quinoa Salad

with harissa lime dressing

Veggie Quick Cook 20 – 25 mins • Spicy

21



Quinoa



Harissa Spice Mix



Greek Style Cheese



Black Beans



Salad Leaves



Lime



Avocado



Tomato



Stock



Mexican Style Spice Mix



Chipotle Paste

Pantry Items: Salt, Water, Oil, Pepper, Sugar



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Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Pot with lid, sieve

Ingredients

	2P	4P
Quinoa	170 g	335 g
Harissa Spice Mix	1 sachet	2 sachets
Greek Style Cheese	100 g	200 g
Black Beans	1 pack	2 packs
Salad Leaves	40 g	80 g
Lime	1 unit	2 units
Avocado	1 unit	2 units
Tomato	2 units	4 units
Stock	1 sachet	2 sachets
Mexican Style Spice Mix	2 sachets	4 sachets
Chipotle Paste	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	595 g	100 g
Energy (kJ/kcal)	3738 kJ/ 893 kcal	628 kJ/ 150 kcal
Fat (g)	35.6 g	6 g
Sat. Fat (g)	12.2 g	2.1 g
Carbohydrate (g)	98.8 g	16.6 g
Sugars (g)	11.9 g	2 g
Protein (g)	35.6 g	6 g
Salt (g)	3.7 g	0.6 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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Cook the Quinoa

- Boil a large pot of **water** for the **quinoa**.
- When boiling, add the **stock** and stir to dissolve.
- Stir in the **quinoa** and bring back to the boil.
- Cook until the **quinoa** has doubled in size and the seed has visibly split, 12-15 mins.
- Drain in a sieve and return to the pot. Cover with a lid and set aside, off the heat.

TIP: If you're in a hurry you can boil the water in your kettle.



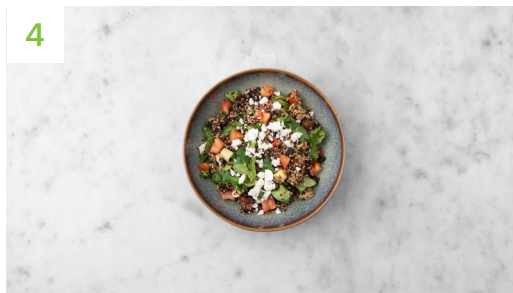
Get Prepped

- Meanwhile, cut the **tomato** into 1cm cubes.
- Drain and rinse the **black beans** in a sieve.
- Place a large pan over medium-high heat with a drizzle of **oil**.
- Fry the **beans** with the **Mexican spice mix** until fragrant, 4-5 mins. Stir through the **chipotle paste**.
- Meanwhile, make your dressing by mixing the **harissa spice mix**, the juice of one whole **lime**, 2 tsp **oil**, ½ tsp **salt** and 1 tsp **sugar** (double all for 4p) in a large bowl.



Assemble the Salad

- Halve the **avocado** and remove the pit.
- Cut the **avocado** into chunks (white still in its skin) then use a spoon to scoop the flesh into the bowl with the dressing.
- Add the **salad leaves**, **quinoa**, **beans** and **tomato** to the bowl.
- Crumble in **half** the **Greek style cheese**.
- Mix well and season to taste with **salt** and **pepper**.



Garnish and Serve

- Divide the **quinoa** salad between bowls.
- Top with a crumbing of the remaining **cheese**.

Enjoy!