



MAY  
2016

## Mexican Quinoa Jumble

with Pepitas, Charred Corn, and Feta

It might seem unconventional to combine so many ingredients, but keep an open mind! The combination of textures and flavors is what makes this “jumble” so great.



**Prep:** 10 min  
**Total:** 30 min



level 1



nut free



veggie



gluten free



Quinoa



Vegetable Stock Concentrate



Cilantro



Jalapeño



Red Bell Pepper



Pepitas



Feta Cheese



Corn



Cumin



Lime

## Ingredients

	2 People	4 People
Quinoa	¾ Cup	1 ½ Cups
Vegetable Stock Concentrate	1	2
Cilantro	¼ oz	½ oz
Jalapeño 	1	2
Red Bell Pepper	1	2
Pepitas	1 oz	2 oz
Feta Cheese <span style="color: green;">1)</span>	½ Cup	1 Cup
Ears of Corn	1	2
Cumin	1 t	2 t
Lime	1	2
Olive Oil*	2 t	4 t

\*Not Included

## Allergens

1) Milk

## Tools

Small pot, Medium pan, Large bowl

Ruler

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**Nutrition per person** Calories: 543 cal | Fat: 23 g | Sat. Fat: 6 g | Protein: 22 g | Carbs: 70 g | Sugar: 7 g | Sodium: 564 mg | Fiber: 10 g

1



**1 Prep the ingredients: Wash and dry all produce.** Bring **1 ½ cups water** and the **stock concentrate** to a boil in a small pot. Cut the **corn** off the cob. Core, seed, and finely dice the **bell pepper**. Mince the **jalapeño**, removing the ribs and stems if you prefer less heat. Halve the **lime**. Roughly chop the **cilantro**.

2



**2 Cook the quinoa:** Add the **quinoa** to the boiling water, cover, and reduce to a low simmer for 15-20 minutes, until tender.

**3 Toast the pepitas:** Heat a medium pan over medium heat. Add the **pepitas** and cook, tossing for 2-3 minutes, until toasted and fragrant. Remove from the pan and set aside.

3



**4 Char the corn:** Add the **corn**, **cumin**, **jalapeño** (to taste) and a drizzle of **olive oil** to the same pan over medium-high heat. Cook, tossing for 4-5 minutes, until slightly charred. Season to taste with **salt** and **pepper**.

5



**5 Toss the jumble and serve:** Once the **quinoa** is ready, fluff with a fork. In a large bowl, toss the **quinoa** with the **charred corn**, **jalapeño**, **bell pepper**, **cilantro**, a squeeze of **lime juice** and a drizzle of **olive oil**. Season generously with **salt** and **pepper**. Divide between plates and sprinkle with the **pepitas** and **feta cheese**. Enjoy!

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