

Black Bean & Quinoa Bowls

with Guacamole &
Roasted Delicata Squash

2 SERVINGS

30-40 MINS

 **Blue Apron**
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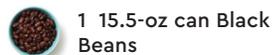
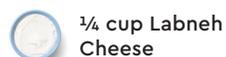
 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an ) and instructions tailored to you.*

 Serve with Blue Apron wine that has this symbol blueapron.com/wine

Ingredients

Customized ingredients

ADDED:



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¹ Ancho Chile Powder, Smoked Paprika, Garlic Powder, Ground Cumin & Dried Mexican Oregano
*Ingredients may be replaced and quantities may vary.

1 Prepare & roast the squash

- Place an oven rack in the center of the oven; preheat to 450°F.
- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Line a sheet pan with foil.
- Cut off and discard the ends of the **squash**; halve lengthwise. Using a spoon, scoop out and discard the pulp and seeds, then cut crosswise into $\frac{1}{2}$ -inch pieces.
- Place on the sheet pan. Drizzle with **olive oil**; season with salt, pepper, and $\frac{1}{4}$ of the **spice blend**. Toss to coat. Arrange in an even layer.
- Roast 21 to 23 minutes, or until browned and tender when pierced with a fork. Remove from the oven.



2 Cook the quinoa

- Meanwhile, add the **quinoa** to the pot of boiling water and cook, uncovered, 18 to 20 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot. Cover to keep warm.



3 Prepare the remaining ingredients & marinate the tomatoes

- Meanwhile, peel and roughly chop **2 cloves of garlic**.
- Drain and rinse the **beans**.
- Using a zester or the small side of a box grater, finely grate the **lime** to get 1 teaspoon. Halve the lime crosswise.
- In a bowl, combine the **guacamole** and the **juice of 1 lime half**. Season with salt and pepper.
- Halve the **tomatoes**; place in a separate bowl. Add the **lime zest** and the **juice of the remaining lime half**; season with salt and pepper. Set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.
- Roughly chop the **pepper**. Thoroughly wash your hands immediately after handling.



4 Toast the pepitas

- Meanwhile, in a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **pepitas**; season with salt and pepper. Cook, stirring frequently, 1 to 3 minutes, or until toasted (be careful, as the pepitas may pop as they toast).
- Transfer to a bowl and immediately season with salt.
- Wipe out the pan.



↻ ADDITIONAL STEP *If you chose Pork Chorizo*

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **chorizo**. Cook, stirring frequently and breaking the meat apart with a spoon, 7 to 9 minutes, or until browned and cooked through.
- Leaving any browned bits (or fond) in the pan, transfer to a bowl. Cover with foil to keep warm.

5 Cook the beans & serve your dish

- In the same pan, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **chopped garlic**; season with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until softened.
- Add the **drained beans**, **remaining spice blend**, and $\frac{1}{3}$ **cup of water** (carefully, as the liquid may splatter); season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until combined.
- Turn off the heat; stir in the **labneh** until combined. Taste, then season with salt and pepper if desired.
- To the pot of **cooked quinoa**, add **1 teaspoon of olive oil** and **as much of the chopped pepper as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper; stir to combine.
- Serve the **finished quinoa** topped with the **roasted squash**, **cooked beans**, **marinated tomatoes** (including any liquid), and **seasoned guacamole**. Garnish with the **toasted pepitas**. Enjoy!



↻ CUSTOMIZED STEP 5 *If you chose Pork Chorizo*

- Cook the beans and serve your dish as directed, topping the **finished quinoa** with the **cooked chorizo** before the squash.

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION.

Food safety handling information: blog.blueapron.com/foodsafety

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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