

Black Bean & Quinoa Bowls

with Guacamole &
Roasted Delicata Squash

2 SERVINGS

30-40 MINS

 **Blue Apron**
blueapron.com



Ingredients*

Customized ingredients

ADDED:



10 oz Tail-On Shrimp¹



1 oz Sliced Pickled Jalapeño Pepper



¼ cup Guacamole



½ cup Tricolor Quinoa



4 oz Grape Tomatoes



1 Lime



2 Tbsps Raw Pepitas



1 Delicata Squash



2 cloves Garlic



1 15.5-oz can Black Beans



1 Tbsp Mexican Spice Blend²



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



1-11 PersonalPoints[™] range per serving

Now your Points value is personalized to YOU! It could be between 1-11 Points. Scan the barcode to see yours!



Scan this barcode in your WW app to track PersonalPoints. Wine is not included in PersonalPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 PersonalPoints) instead of olive oil (1 PersonalPoint per teaspoon) to coat your pan before heating.

If you customized this recipe, your PersonalPoints may differ from what's above.

To learn more about the (NEW!) WW PersonalPoints[™] program, visit www.ww.com. The WW logo, PersonalPoints and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

1. peeled & deveined 2. Ancho Chile Powder, Smoked Paprika, Garlic Powder, Ground Cumin & Dried Mexican Oregano
*Ingredients may be replaced and quantities may vary.

Learn more at blueapron.com/pages/wellness

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

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 20 to 22 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, 20 to 22 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot. Cover to keep warm.



3 Prepare the remaining ingredients

- 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

- 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 Shrimp

- Pat the **shrimp** dry with paper towels (remove the tails if desired). Season with salt and pepper.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned shrimp. Cook, stirring occasionally, 4 to 5 minutes, or until opaque 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 a drizzle 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 $\frac{1}{2}$ **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. Taste, then season with salt and pepper if desired.
- To the pot of **cooked quinoa**, add a drizzle 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 Shrimp

- Cook the beans and serve your dish as directed, topping with the **cooked shrimp**.