

Black Bean & Red Quinoa Enchiladas

with Salsa Verde

Enchiladas, from the Spanish word for “seasoned with chile,” once consisted simply of tortillas dipped in chile sauce and eaten as a snack on the streets of Mexico. Today, though, the dish has evolved into much more. In our version, the chile is a poblano (a mild variety popular in the Mexican state of Puebla)—and we’re using it, along with seasonal tomatillos, to create a salsa verde. We’re rolling the tortillas around a filling of spiced black beans and red quinoa and baking them for a hearty, flavorful summer entree.



Ingredients

- 4 Flour Tortillas
- 1 Cup Shredded Monterey Jack Cheese
- 1¼ Cups Black Beans
- ½ Cup Red Quinoa
- 4 Cloves Garlic
- 2 Limes
- 1 Yellow Onion
- 1 Poblano Pepper
- ½ Pound Tomatillos
- 1 Large Bunch Cilantro

Knick Knacks

- 1 Teaspoon Ground Cumin

Makes 3 Servings

About 605 Calories Per Serving

Cooking Time: 35 to 45 minutes



Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/50

1



Cook the quinoa:

Preheat the oven to 500°F. Heat a medium pot of salted water to boiling on high. Thoroughly rinse the **quinoa** under cold water. Once the pot of water is boiling, add the **quinoa** and cook 18 to 20 minutes, or until tender. Drain thoroughly and transfer to a medium bowl. Rinse and dry the pot.

2



Prepare the ingredients:

While the quinoa cooks, wash and dry the fresh produce. Peel and mince the garlic. Remove and discard the papery husks of the tomatillos. Quarter the limes. Peel and small dice the onion. Pick the cilantro leaves off the stems; discard the stems and roughly chop the leaves.

3



Roast the poblano pepper & tomatillos:

While the quinoa continues to cook, place the **poblano pepper** and **tomatillos** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to coat. Roast in the oven 9 to 11 minutes, or until the poblano pepper is browned. Remove from the oven, leaving the oven on. When cool enough to handle, carefully remove and discard the skin, stem, ribs and seeds of the poblano pepper. Finely chop the poblano pepper and tomatillos.

4



Make the salsa verde:

In the pot used to cook the quinoa, heat 2 teaspoons of olive oil on medium-high until hot. Add the **garlic** and **onion**; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until softened. Stir in the **roasted poblano pepper and tomatillos** and **½ cup of water**; season with salt and pepper. Simmer, stirring occasionally, 4 to 6 minutes, or until thickened and slightly reduced in volume. Remove from heat and stir in **the juice of 2 lime wedges**.

5



Make the filling & assemble the enchiladas:

While the salsa verde simmers, drain and rinse the beans. To the bowl of cooked quinoa, add the **drained beans**, **cumin**, **half the cilantro** and **the juice of 2 lime wedges**. Drizzle with olive oil and stir to thoroughly combine; season with salt and pepper to taste. Evenly spread about **½ cup of the filling** onto the bottom of a baking dish. Place the **tortillas** on a clean, dry work surface. Divide the **remaining filling** between the centers of the tortillas; tightly roll up each tortilla around the filling. Transfer to the prepared baking dish, seam sides down, in a single layer.

6



Finish the enchiladas & serve your dish:

Top the assembled enchiladas with the **salsa verde** and **Monterey Jack cheese**; season with salt and pepper. Bake 8 to 10 minutes, or until the cheese is bubbly and lightly browned. Remove from the oven. Let stand for at least 2 minutes before serving. Garnish with the **remaining cilantro**. Serve with the **remaining lime wedges** on the side. Enjoy!