



UCOOK

Winner Winner Chipotle Dinner

**with quinoa, roasted cauliflower &
homemade chunky guacamole**

Quinoa can't get better than this! Combined with charred corn, spicy chipotle flakes, & fried beans, the loaded red quinoa is sided with nutty roasted cauliflower, a spicy salsa and creamy avo guacamole. Delicious and nutritious, Chef!

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Thea Richter

 Veggie

 Waterford Estate | Waterford MCC

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Ingredients & Prep

150g	Cauliflower Florets <i>cut into bite-sized chunks</i>
10ml	NOMU Mexican Spice Blend
75ml	Red Quinoa
1	Avocado
10ml	Lime Juice
1	Red Onion <i>½ peeled & finely diced</i>
4g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
1	Tomato <i>finely diced</i>
15g	Sliced Pickled Jalapeños <i>drained & roughly chopped</i>
50g	Corn
10ml	Chipotle Chilli Flakes
60g	Black Beans <i>drained & rinsed</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. CRISP UP THE CAULI Preheat the oven to 200°C. Spread out the cauliflower chunks on a roasting tray. Coat in oil, the spice blend, and seasoning. Roast in the hot oven for 20-25 minutes until cooked through and starting to crisp, shifting halfway.

2. KEEN ON SOME QUINOA? Rinse the quinoa and place in a pot. Submerge in 200ml of salted water and place over a medium-high heat. Pop on a lid and bring to a simmer. Cook for 12-15 minutes until the quinoa is tender and its tails have popped out, adding more water if required during cooking. Drain if necessary and return to the pot. Replace the lid and stand off the heat for at least 5 minutes.

3. WHAT'S UP, QUAC? Halve the avocado and set aside the half containing the pip for another meal. Peel off the skin, keeping the flesh intact. Place the flesh in a bowl along with ½ the lime juice, ½ the diced onion (to taste), ½ the chopped coriander, and seasoning. Use a fork or potato masher to mash into a chunky guacamole. Set aside.

4. SPICY SALSA In a bowl, combine the diced tomato, the remaining onion (to taste), the chopped jalapeños (to taste), the remaining lime juice, and seasoning. Set aside.

5. CHARRED CHIPOTLE CORN Place a pan over high heat with a drizzle of oil. When hot, add the corn and the chipotle flakes (to taste). Fry for 3-4 minutes until lightly charred, shifting occasionally. Add the rinsed beans and fry for 1-2 minutes until heated through, shifting occasionally. Add to the pot with the cooked quinoa. Mix until combined and season.

6. BEAN WAITING FOR THIS! Pile up the loaded quinoa and top with the roasted cauli, the tomato salsa, and the chunky guac. Garnish with the remaining coriander. There you have it!

Nutritional Information

Per 100g

Energy	421kJ
Energy	101kcal
Protein	3g
Carbs	14g
of which sugars	3.3g
Fibre	3.5g
Fat	3.7g
of which saturated	0.5g
Sodium	57mg

Allergens

Allium, Sulphites

Cook
within
4 Days