

Quinoa Mexican Bowl

Nutritious, filling and full of beautiful colour and flavour. A weeknight meal that will please the whole family.

Serves 4

Ingredients

Quinoa & black beans

2 cups of cooked **Alison's Pantry Quinoa** (3/4 cup uncooked will yield just over 2 cups cooked)

1 x 400 gram can of black beans in brine (drained and rinsed well)

¼ onion, finely diced

1 garlic clove, finely diced

1 ½ teaspoons ground cumin

½ teaspoon hot smoked paprika

2 tablespoons oil for sautéing

¼ cup of water

Avocado Salsa

1 cup sweetcorn kernels

1 avocado, removed from skin and cut into cubes

1 capsicum, core discarded and cut into small cubes

1 spring onion, finely sliced

1 large handful fresh coriander, roughly chopped

juice of two limes

Sea salt and cracked black pepper for seasoning

Garnish

½ cup **Alison's Pantry Pumpkin Seeds**

Dried chilli flakes (optional)

Additional fresh herbs

Instructions

Heat oil in a frypan over a medium heat. Add the onion and garlic, cook until tender and translucent. Add the black beans, cumin, paprika and water. Cook for five minutes, stirring frequently. Add a little more water if the beans start to stick. Add the quinoa and heat through. Season generously with salt and pepper.

Combine all salad ingredients in a bowl. Toss and ensure the avocado is well coated in lime juice. Add sea salt and cracked black pepper to taste.

Divide the quinoa and black beans between four bowls. Pile the avocado salsa on top. To serve garnish with pumpkin seeds, dried chilli flakes (if using) and the additional herbs.

Leftover quinoa will keep in the fridge for up to three days. Leftover salsa can up stored in an airtight container in the fridge for 24 hours.

