

Chipotle Beef and Guacamole

Quinoa Bowls

In need of something quick and comforting? This is it!

Cals 988 • Prot 56 • Carbs 91 • Fat 46

hellochef.com • 04-383-93-99 • hello@hellochef.com



🕒 cook: 30 min

R3009

Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Quinoa	2 ppl	3 ppl	4 ppl	
White quinoa	150	200	300	Grams
Water	300	400	600	ML
Salt	0.5	0.5	1	Tsp
Meat				
Lean beef mince	350	525	700	Grams
Red onion	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Vegetable oil	1	2	2	Tbsp
Fajita seasoning	10	15	20	Grams
Chipotle powder	2	2	2	Grams
Smoked paprika powder	2	4	4	Grams
Tomato paste	30	50	70	Grams
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Tomato passata	200	200	500	Grams
Mild tomato salsa	60	90	120	Grams
Brown sugar	5	5	10	Grams
Water	50	75	100	ML
Chicken stock cube	4*, 5*, 9*, 15*	1	1	2
Piece				
To serve				
Cherry tomatoes	150	250	300	Grams
Avocado	1	2	2	Piece
Fresh coriander	15	15	15	Grams
Lime	1	2	2	Piece
Salt	0.5	0.5	1	Tsp
Sour cream	4*	60	90	120
Grams				

Allergens

*4 Milk, *5 Eggs, *9 Soya, *15 Celery

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	4134 / 988
Fat (g)	46.4
of which saturates (g)	14.4
Carbohydrate (g)	91
of which sugars (g)	15.3
Fiber (g)	18.9
Protein (g)	55.7
Salt (g)	4

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Boil quinoa

Add the **quinoa** to a bowl, cover with warm water and rinse. Drain in a fine sieve. Add the **measured water** to a pot and bring it to a boil. Add the **quinoa** and a pinch of **salt**. Cover with a lid, reduce the heat to low and simmer for 15 min or until the liquid is absorbed and the **quinoa** is tender.



2 Prep vegetables

Meanwhile, peel and finely chop the **onion** and **garlic**.



3 Fry

Heat a pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **beef mince** and **onion**. Fry for 5-7 min or until the meat is browned and starts to crisp. Add the **garlic**, **fajita seasoning**, a pinch of **chipotle (spicy!)**, the **smoked paprika**, **tomato paste**, **salt** and **pepper**.

Tip! Make sure the pan is hot before adding the beef. Otherwise, it will stew, not crisp!



4 Simmer

Reduce the heat to medium. Add the **tomato passata**, **tomato salsa**, **sugar**, **measured water** and **stock cube** and cook for 5 min further.



5 Prep toppings

Meanwhile, halve the **cherry tomatoes**. Slice the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin using a spoon, then mash it with a fork. Chop the **coriander** and add it to the **avocado**. Season with a generous squeeze of **lime** juice and a pinch of **salt**. Mix well. Slice any remaining **lime** into wedges.



6 Serve

Divide the cooked **quinoa** among shallow bowls. Top with the **chipotle beef**, **guacamole**, **cherry tomatoes**, **sour cream** and any remaining **lime** wedges.