



## Corn & Red Quinoa “Elote”

### Ingredients

- 1 ea Fresh Corn
- 1 cup Red Quinoa
- 8 oz Chickpeas
- 6 oz Black Beans
- ½ ea English Cucumber
- 4 oz Cherry Tomato
- 3 oz Herb Dressing
- 1 oz Scallion
- 1 ea Fresh Lime
- 3 oz Chipotle Aioli
- 2 oz Parmesan
- 1 ea Jalapeno
- 3 ea Sprigs Cilantro

### At Home Ingredients

### Kitchen Tools Needed

- 12” Sauté pan (nonstick if available)
- Rubber Spatula / Flat Spoon
- Chef’s Knife
- Cutting Board
- Medium Pot
- Colander
- Paper Towels

### **Prepare to Cook**

When you receive your meal prep box, remove all items and organize on your work surface. If not cooking immediately, place perishable items in the refrigerator. All other ingredients can be left out in dark dry storage till ready to cook.

When ready to cook, get your *Mise en Place* (French for ‘things in place’) organized on your work surface. Grab all kitchen tools and get ready to cook. BEFORE STARTING, read through each step carefully to have a game plan of how you will be cooking.

### **Step 1. Prepping Corn, Cucumber, Tomatoes and Scallion**

1. Remove corn from husk and remove all fibers from corn. To cut corn, place a small mixing bowl upside down in a large mixing bowl, place ear of corn on the flat surface of the small mixing bowl. Proceed, to cut the kernels off the cob. (the kernels will fall into the large mixing bowl, so as to make a mess on your cutting board and work surface) Once corn is cut off the cob, reserve for cooking.
2. For the cucumber, cut in half lengthwise and cut ¼" half moons. Place into a separate mixing bowl and reserve for later.
3. For the tomatoes, cut the tomatoes in half and reserve for salad.
4. For the scallions, cut very thin slices all the way from the top green part to the bottom white part, discard the roots.

## **Step 2. Cooking Quinoa and Corn**

5. Heat a small pot over medium-high heat.
6. Once hot, add rinsed quinoa and toast for 3-5 minutes, or until all water is evaporated and quinoa is fragrant and slightly toasted.
7. Add 2 cups of water, a pinch of sea salt and bring to a simmer. Then reduce heat to low and cover.
8. Cook for 12 to 15 minutes, or until all liquid is absorbed and the quinoa is fluffy. Make sure to constantly stir and reduce heat if necessary.
9. While quinoa is cooking, cut the stem off of jalapeno and cut in half lengthwise. remove seeds and ribs from jalapeno and rinse under cold water. cut very thin slices from jalapeno (you can add as much or as little jalapeno as you like. if you do not like spicy, omit the entire pepper) and reserve for cooking.
10. Add 2 tbl. of olive oil to a medium pan and bring to up to medium heat. Add fresh cut corn and jalapenos to the pan. Cook for 5 to 6 minutes. until corn is slightly tender but still crunchy.
11. Check quinoa for doneness. When fully cooked remove off of heat and let cool.

## **Step 3. Preparing & Plating Salad**

12. In a large mixing bowl, add quinoa, cucumber, corn with jalapenos, blackbeans, chickpeas, and tomatoes. Add herb dressing and scallions to the mixing bowl and stir to thoroughly mix. reserve for plating.
13. Spoon quinoa corn mixture into a bowl.
14. top mixture with parmesan cheese, and drizzle with chipotle aioli
15. garnish with fresh lime and torn cilantro leaves on top.
16. serve and enjoy.