

DINNERLY



Quinoa, Spinach & Black Bean Tacos with Crema & Salsa



20-30min



2 Servings

Dinner needs to be on the table ASAP. Do you A) Order take-out for the umpteenth time? Or B) Make these kale-quinoa and black bean tacos? Personally, we'd choose B. This dish requires absolutely no prepwork—just cook up the filling, warm the tortillas, and assemble. So put your knife away and enjoy your Dinnerly without the stress or mess! We've got you covered!

WHAT WE SEND

- 15 oz can black beans
- 3 oz tri-color quinoa
- ¼ oz taco seasoning
- 5 oz baby spinach
- 1 oz sour cream⁷
- 6 (6-inch) corn tortillas
- 4 oz salsa

WHAT YOU NEED

- kosher salt & ground pepper

TOOLS

- small saucepan
- medium nonstick skillet

ALLERGENS

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 560kcal, Fat 10g, Carbs 97g, Protein 21g



1. Prep bean filling

Drain and rinse **beans**.

In a small saucepan, combine **quinoa**, **taco seasoning**, and $\frac{3}{4}$ **cup water**. Bring to a boil. Cover, reduce heat to medium-low, and cook until tender and water is absorbed, 15–20 minutes. Stir in **black beans** and **spinach**, then keep covered off heat until ready to serve.



2. Prep crema & tortillas

In a small bowl, thin **sour cream** with 1 **teaspoon water** at a time until it drizzles from a spoon; season with **salt**.

Heat a medium nonstick skillet over medium-high. Add one **tortilla** at a time until lightly golden, about 30 seconds per side (or wrap in a damp paper towel and microwave in 30-second intervals until warmed through). Wrap in a kitchen towel as you go to keep warm.



3. Assemble & serve

Spoon **filling** into **tortillas**.

Serve **quinoa**, **spinach**, and **black bean tacos** with a drizzle of **crema** and **salsa** spooned over top. Enjoy!



4. ...

What were you expecting, more steps?



5. ...

You're not gonna find them here!



6. ...

Kick back, relax, and enjoy your Dinnerly!