



Cooking Made Easy

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Sweet Potato & Quinoa Bowl

with Avocado & Almonds



Three super foods in one bowl? Believe it! We've packed major power into this nutrient-rich dish. Quinoa, avocado, and sweet potatoes are some of the most delicious ingredients out there, and they happen to be some of the healthiest to boot! Peppery arugula, tangy orange, and crunchy almonds add the perfect mix of flavor and texture.



30 min



level 1



gluten free



veggie



Quinoa



Sweet Potato



Sliced Almonds



Arugula



Dijon Mustard



Feta Cheese



Orange



Avocado



Lemon

Ingredients	2 People	4 People
Quinoa	3 oz	6 oz
Sweet Potato	1	2
Lemon	1	2
Sliced Almonds	1) 1 oz	2 oz
Orange	1	2
Dijon Mustard	1 t	2 t
Feta Cheese	2) ¼ C	½ C
Avocado	1	2
Arugula	2 oz	4 oz
Olive Oil*	3 T	6 T

*Not Included

Allergens

1) Nuts

2) Milk

Tools

Baking Sheet, Medium Pot, Medium Bowl, Whisk

Ruler

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Nutrition per person Calories: 771 cal | Carbs: 52 g | Fat: 44 g | Protein: 17 g | Fiber: 14 g



1 Preheat oven to 400 degrees. **HINT:** For extra crispy sweet potatoes, place the baking sheet in the oven while it preheats! Place the **quinoa** in a medium pot with 1 cup **water** and a pinch of **salt**. Bring to a boil, then reduce the heat to a simmer and cook for 20-25 minutes, until tender. Add a splash of water if necessary. Set aside.



2 Meanwhile, peel and cut the **sweet potato** into ½-inch cubes. Toss on a baking sheet with a pinch of **salt** and **pepper** and 1 tablespoon **olive oil**. Roast for about 15 minutes, until tender and slightly caramelized.

3 Using a small paring knife, remove the peel from the **orange**, carefully cutting around the flesh. Once peeled, hold the orange in one hand and cut between the white membranes to remove the orange segments. Squeeze the remaining orange core into a medium bowl to collect the juice.



4 Make the **dressing**: add 1 tablespoon **Dijon mustard** and the juice of half a **lemon** to the **orange juice**. Whisk in 2 tablespoons **olive oil**. Season with **salt** and **pepper**.

5 Halve, peel and pit the **avocado**, then thinly slice.



6 Plate the **quinoa**. Toss the **arugula** with **half the dressing** and place atop quinoa. Add the **avocado**, **orange segments**, **roasted sweet potato**, **feta cheese**, and **sliced almonds**. Drizzle with **remaining dressing**. Enjoy!