



PERSIAN-SPICED CAULIFLOWER QUINOA BOWL

with Sweet Potato and an Avocado Crema



HELLO

PERSIAN SPICE

Floral coriander and earthy cumin mingle with a pinch of hot pepper.

PREP: 5 MIN | TOTAL: 35 MIN | CALORIES: 630



Red Onion



Cauliflower Florets



Tri-Color Quinoa



Cilantro



Sour Cream
(Contains: Milk)



Sweet Potato



Spicy Persian Seasoning



Avocado



Lime



Baby Spinach

START STRONG

If you have any lime left over, cut it into wedges and serve on the side for squeezing over the veggies and quinoa.

BUST OUT

- Small pot
- Baking sheet
- Small bowl
- 2 Large bowls
- Strainer
- Olive oil (4 tsp | 8 tsp)

INGREDIENTS

Ingredient **2-person** | **4-person**

- | | |
|---------------------------|-----------------|
| • Red Onion | 1 1 |
| • Sweet Potato | 1 2 |
| • Cauliflower Florets | 10 oz 20 oz |
| • Spicy Persian Seasoning | 1 tsp 2 tsp |
| • Tri-Color Quinoa | ½ Cup 1 Cup |
| • Avocado | 1 2 |
| • Lime | 1 2 |
| • Cilantro | ¼ oz ½ oz |
| • Sour Cream | 2 TBSP 4 TBSP |
| • Baby Spinach | 2½ oz 5 oz |

HELLO WINE



PAIR WITH
Trilus California
Chardonnay, 2015

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1 PREHEAT AND PREP

Wash and dry all produce. Preheat oven to 425 degrees. Bring **1 cup water** and a pinch of **salt** to a boil in a small pot. Halve and peel **onion**, then cut into 8 wedges. Cut **sweet potato** into ½-inch cubes.



4 MAKE CREMA

Squeeze juice from one **lime** half into a small bowl, then add **avocado**. Mash with a fork until smooth. Stir in **sour cream** and **cilantro**. Season with **salt** and **pepper**.



2 ROAST VEGGIES AND COOK QUINOA

Toss **onion**, **sweet potato**, **cauliflower**, **Spicy Persian seasoning**, and **1 TBSP olive oil** on a baking sheet. Season with **salt** and **pepper**. Roast in oven until browned and tender, about 25 minutes. Once water is boiling, add **quinoa** to pot. Cover, lower heat, and reduce to a simmer. Cook until tender, about 15 minutes.



5 FINISH QUINOA AND MAKE SALAD

Drain any excess water from **quinoa**, then transfer to a large bowl along with the **roasted veggies**. Toss to combine. Season with **salt** and **pepper**. In another large bowl, toss half the **spinach** (we sent more than needed), a drizzle of **olive oil**, and a squeeze of **lime**. Season with **salt** and **pepper**.



3 PREP CREMA

Halve, pit, and scoop flesh from **avocado**, then roughly chop. Cut **lime** in half. Chop **cilantro**.



6 PLATE AND SERVE

Divide **quinoa mixture** between plates. Dollop with **crema**. Serve with **salad** on the side.

POWER UP!

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