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Sweet Potato & Quinoa Salad

with Avocado, Orange, and Arugula

This salad is full of nutrient-dense ingredients like sweet potatoes, quinoa, avocado, and orange. It's proof that healthy doesn't have to mean boring! Almonds and feta finish the dish with crunch and tang.



Quinoa



Sweet Potato



Dijon Mustard



Lemon



Orange



Avocado



Arugula



Feta Cheese



Sliced Almonds

Ingredients

	2 People	4 People
Quinoa	¾ C	1½ C
Sweet Potato	12 oz	24 oz
Dijon Mustard	1 t	2 t
Lemon	1	1
Orange	1	2
Avocado	1	2
Arugula	2 oz	4 oz
Feta Cheese	1)	1 C
Sliced Almonds	2)	2 oz
Olive Oil*	1 T	2 T

*Not Included

Allergens

1) Milk

2) Nuts

Tools

Small Pot, Peeler, Baking Sheet, Medium Bowl, Whisk

Ruler

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Nutrition per person Calories: 790 cal | Fat: 34 g | Sat. Fat: 7 g | Protein: 23 g | Carbs: 107 g | Sugar: 16 g | Sodium: 503 mg | Fiber: 22 g

1



1 Prep the ingredients: Wash and dry all produce. Preheat the oven to 400 degrees. In a small pot, bring **1½ cups salted water** to a boil. Halve the **orange** and **lemon**. Peel and cut the **sweet potato** into ½-inch cubes.

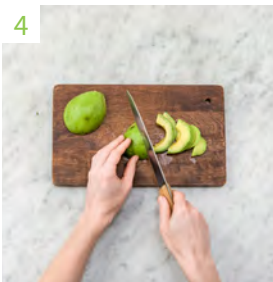
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2 Roast the sweet potatoes and cook the quinoa: Toss the **sweet potato cubes** on a baking sheet with a drizzle of **oil** and a pinch of **salt** and **pepper**. Place in the oven for 20-25 minutes, until golden brown and tender. Once boiling, add the **quinoa** to the water, cover, and reduce to a simmer for 15-20 minutes, until tender.

3 Make the dressing: In a medium bowl, whisk together **1 teaspoon Dijon mustard**, the juice of half the **lemon**, the juice of half the **orange**, and a large drizzle of **olive oil**. Season with **salt** and **pepper**. **TIP:** You can peel and chop the remaining orange and add it to the salad in step 5, if desired!

4



4 Prep the avocado: Halve, pit, and peel the **avocado**, then thinly slice.

5



5 Plate and serve: Plate the **quinoa** and drizzle with **half the dressing**. Toss the **arugula** with the **remaining dressing** (to taste) and plate on top of the quinoa. Top with the **roasted sweet potatoes**, **avocado**, **almonds**, and **feta cheese**. Enjoy!