



# SUMMER QUINOA SALAD

with Asparagus, Yellow Squash, and Sunflower Seeds



**HELLO**  
**TRICOLOR QUINOA**

White, red, and black seeds provide a stunning mix of colors while also being a great source of protein.

**PREP: 10 MIN** | **TOTAL: 35 MIN** | **CALORIES: 570**



Tricolor Quinoa



Asparagus



Tuscan Heat Spice



Dijon Mustard



Black Olives



Sunflower Seeds



Basil



Yellow Squash



Red Wine Vinegar



Honey



Feta Cheese  
(Contains: Milk)

## START STRONG

Quinoa has a natural coating that can taste bitter. To get rid of it, place the quinoa in a fine mesh strainer and give it a rinse under cool water before using.



## BUST OUT

- Small pot
- Strainer
- Large bowl
- Baking sheet
- Medium bowl
- Olive oil (7 tsp | 14 tsp)

## INGREDIENTS

Ingredient 2-person | 4-person

- |   |                 |
|---|-----------------|
| • Tricolor Quinoa   | ½ Cup   1 Cups  |
| • Basil   | ½ oz   1 oz     |
| • Asparagus   | 6 oz   12 oz    |
| • Yellow Squash   | 2   4           |
| • Tuscan Heat Spice  | 2 tsp   4 tsp   |
| • Red Wine Vinegar  | 1 TBSP   2 TBSP |
| • Dijon Mustard   | 2 tsp   4 tsp   |
| • Honey   | ½ oz   1 oz     |
| • Black Olives  | 1 oz   2 oz     |
| • Feta Cheese   | ½ Cup   1 Cup   |
| • Sunflower Seeds   | 1 oz   2 oz     |

## HELLO WINE



### PAIR WITH

Neptune's Trident IGT Della Venezia Pinot Grigio, 2015

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## 1 COOK QUINOA

Wash and dry all produce. Heat broiler or grill to high. Bring **1½ cups water** and a pinch of **salt** to a boil in a small pot. Pick **basil** leaves; add stems to pot. Rinse **quinoa**. Add quinoa to pot once boiling. Reduce to a simmer, cover, and cook until tender, about 15 minutes. Transfer to a large bowl; discard stems.



## 4 COOK ASPARAGUS

Remove sheet from broiler and give **squash** a toss, pushing it toward one side of sheet. Add **asparagus** to other side of sheet and toss with a drizzle of **olive oil**. Season with **salt** and **pepper**. Return sheet to broiler and continue broiling until squash is nicely browned and asparagus is tender, 7-10 minutes. **TIP:** If grilling, flip squash, then add asparagus to grates and grill until tender and charred, 7-10 minutes.

## 2 PREP

Meanwhile, trim woody bottom ends from **asparagus**. Halve **squash** crosswise, then cut each half into 6 wedges. Roughly chop **olives**. Place **basil** leaves in a stack, then slice into thin ribbons.



## 5 MAKE DRESSING

In a medium bowl, whisk together **vinegar**, **mustard**, **honey**, and **1 TBSP olive oil**. Season with **salt** and **pepper**. Once **veggies** are done, set aside a few pieces for garnish. Cut remaining veggies into bite-sized pieces. Add to bowl with quinoa along with **olives**, half the **feta**, half the **basil**, and half the **sunflower seeds**. Pour in half the **dressing** and toss to combine. Season with salt and pepper.



## 3 COOK SQUASH

Toss together **squash**, **1 TBSP olive oil**, **salt**, **pepper**, and **2 tsp Tuscan heat spice** (we sent more) on a baking sheet. Place under broiler and broil until just starting to brown, about 10 minutes. **TIP:** If grilling, place oiled and seasoned squash over direct heat and grill until starting to char, about 10 minutes.



## 6 FINISH AND ASSEMBLE

Divide **quinoa mixture** between plates and top with remaining **veggies**, **basil**, **sunflower seeds**, and **feta**. Drizzle remaining **dressing** over plate and serve.



## POWER UP!

Enjoy this nourishing recipe year-round with your own choice of seasonal veg.

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