



SWEET POTATO AND QUINOA BOWL

with Avocado and Orange-Balsamic Dressing

VEGGIE



HELLO

GRAIN BOWLS

Grain bowls are a trendy dish that are easy to make at home

PREP: 10 MIN

TOTAL: 35 MIN

CALORIES: 715



White Quinoa



Sweet Potato, cubes



Baby Arugula



Avocado



Navel Orange



Balsamic Vinegar



Cashews, chopped



Dijon Mustard



Goat Cheese



Vegetable Broth Concentrate

BUST OUT

- Baking Sheet
- Whisk
- Measuring Cups
- Zester
- Measuring Spoons
- Paring Knife
- Small Pot
- Salt and Pepper
- Medium Bowl
- Olive or Canola oil
- Strainer

INGREDIENTS

2-person

- White Quinoa ½ cup
- Sweet Potato, cubes 340 g
- Baby Arugula 113 g
- Avocado 1
- Navel Orange 1
- Balsamic Vinegar 9 1 tbsp
- Cashews, chopped 5 28 g
- Dijon Mustard 6,9 1¼ tsp
- Goat Cheese 2 56 g
- Vegetable Broth Concentrate 1

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 6 Mustard/Moutarde
- 1 Wheat/Blé
- 7 Peanut/Cacahuète
- 2 Milk/Lait
- 8 Sesame/Sésame
- 3 Egg/Oeuf
- 9 Sulphites/Sulfites
- 4 Soy/Soja
- 10 Crustacean/Crustacé
- 5 Tree Nut/Noix
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.



START STRONG

Preheat the oven to **425°F** (to roast the sweet potatoes). Start prepping when the oven comes up to temperature!



1 ROAST SWEET POTATOES

Wash and dry all produce.* On a baking sheet, toss the **sweet potatoes** with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through cooking, until golden-brown, 20-22 min. Meanwhile, heat a small pot over medium heat. Add the **cashews** to the dry pot. Toast, stirring often, until golden-brown, 2-3 min.



4 SEGMENT ORANGE

Once the peel is removed, slip a paring knife along each side of the white lines (membranes) of the orange to release the **segments**. Transfer to a plate and set aside. Squeeze the juice from the **remaining orange** into a medium bowl. Whisk in the **mustard**, **half the orange zest**, **1 tbsp vinegar** and **2 tbsp oil**. Season with **salt** and **pepper**.



2 COOK QUINOA

Transfer the **cashews** to a plate and set aside. Wipe the pot clean, then add **1 cup water**. Bring to a boil over high heat. In a strainer, rinse the **quinoa** and drain. Add the quinoa to the boiling water, then reduce the heat to medium-low. Cover and cook until the quinoa is tender and all the water has been absorbed, 12-15 min.



5 MAKE SALAD

Fluff the **quinoa** with a fork and stir in the **broth concentrate**, **half the cashews** and **half the dressing**. Season with **salt** and **pepper**. Gently toss the the **arugula**, **sweet potatoes**, **avocado** and **orange segments** into the **remaining dressing**.



3 PREP

Meanwhile, roughly chop the **arugula**. Peel, pit and cut the **avocado** into ½" cubes. Zest **1 tbsp orange zest**, then cut a ¼-inch piece off the top and bottom end of the orange. Place the orange, flat-end down, on a cutting board. Cut the peel away from the flesh from top to bottom, turning the orange as you go.



6 FINISH AND SERVE

Divide the **quinoa** between plates and top with the **arugula salad**. Sprinkle over the **goat cheese** and **remaining cashews**.

TANGY!

Goat cheese adds both a creamy texture and tangy taste to the quinoa bowls.