



Crisp Vegetable Quinoa Bowl

with Buttermilk Dressing



30-40min



2 Servings

For a light and satisfying meal, we turn to vegetable bowls. We use protein-packed quinoa as the base and top it with crisp veggies, fresh spinach, and a tangy buttermilk dressing. Creamy feta cheese and sesame seeds are the final garnishes for this vegetarian dinner.

What we send

- 3 oz white quinoa
- 4 oz snow peas
- 2 oz red radishes
- ¼ oz fresh mint
- 1 oz buttermilk powder ⁷
- 1 oz sour cream ⁷
- 2½ oz edamame ⁶
- 3 oz baby spinach
- 1.4 oz feta cheese ⁷
- ¼ oz pkt toasted sesame seeds ¹¹

What you need

- kosher salt & ground pepper
- olive oil
- butter ⁷
- apple cider vinegar (or red wine vinegar)

Tools

- small saucepan
- small skillet

Allergens

Soy (6), Milk (7), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 550kcal, Fat 30g, Carbs 49g, Protein 19g



1. Cook quinoa

In a small saucepan, combine **quinoa**, **¾ cup water**, and **½ teaspoon salt**. Bring to a boil. Cover and cook over low heat until water is absorbed and quinoa is fluffy, 15-20 minutes. Remove from heat; let stand for 5 minutes. Uncover and fluff with a fork.



4. Cook veggies

Heat **2 teaspoons butter** in a small skillet over medium-high. Add **radishes**; cook, stirring, until beginning to soften and brown in spots, 2-3 minutes. Add **snow peas** and **edamame**; cook, stirring, until crisp-tender and browned in spots, 1-2 minutes more. Stir in **chopped mint leaves**. Season to taste with **salt** and **pepper**.



2. Prep ingredients

Trim **snow peas**, if desired, then halve crosswise on an angle. Trim ends from **radishes**, then cut into ½-inch wedges. Pick **mint** leaves from stems, discard stems, then finely chop 1 teaspoon (leave remaining leaves whole).



5. Dress spinach

In a medium bowl, whisk to combine **2 teaspoons oil** and **¾ teaspoon vinegar**; season to taste with **salt** and **pepper**. Add **baby spinach** and toss to combine.



3. Make buttermilk dressing

In a small bowl, whisk to combine **buttermilk powder**, **sour cream**, **2 tablespoons water**, and **1 tablespoon oil**. Season to taste with **salt** and **pepper**. Slightly thin dressing by stirring in **1 teaspoon water** at a time, if necessary.



6. Assemble & serve

Divide **quinoa**, **spinach**, and **veggies** between bowls. Crumble **feta** over top and drizzle with **creamy buttermilk dressing**. Sprinkle **sesame seeds** and tear **remaining mint leaves** over top. Enjoy!