



Quinoa-Sweet Potato Cakes

with Garlicky Brussels Sprouts

 20-30min  2 Servings

These are the healthiest cakes you're ever gonna eat! Tender sweet potato and protein-rich quinoa are mashed together to make a delectable veggie cake. Coated in crispy panko breadcrumbs and lightly pan fried, the cakes form a crunchy, golden-brown crust. Sliced red onion is sautéed with sliced Brussels sprouts and a splash of vinegar to round out a vitamin-rich meal!

What we send

- 1 sweet potato
- 3 oz white quinoa
- 1 red onion
- garlic
- ½ lb Brussels sprouts
- 2 oz panko ²
- 1 pkt Dijon mustard
- 4 oz Greek yogurt ³

What you need

- kosher salt & ground pepper
- 1 large egg ¹
- apple cider vinegar (or red wine vinegar)

Tools

- medium saucepan
- large skillet
- rimmed baking sheet

Allergens

Egg (1), Wheat (2), Milk (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 550kcal, Fat 8g, Carbs 100g, Protein 25g



1. Cook quinoa & potatoes

Peel **sweet potatoes**, then cut into 1-inch pieces. Place **quinoa** in a small saucepan; add **sweet potatoes**, **1¼ cups water**, and **½ teaspoon salt**. Bring to a boil, then reduce heat to a simmer and cover, cooking until quinoa and sweet potatoes are tender and liquid is absorbed, about 17 minutes. Coarsely mash and spread on a plate to cool slightly.



4. Fry cakes

Heat **⅜-inch oil** in a large skillet over medium-high. Add **cakes** and cook, turning once, until golden and crisp, 6–8 minutes. Drain on a paper towel lined baking sheet. Sprinkle with **salt**. Transfer to the oven to keep warm. Pour off oil and wipe out skillet.



2. Prep ingredients

Preheat the oven to 250°F. Trim ends from **onion**, then halve and finely chop **½ cup**; thinly slice the rest. Thinly slice **1 large clove garlic**. Holding core ends of **Brussels sprouts**, thinly slice crosswise and discard core ends. Squeeze a few times with your hands to separate leaves slightly.



5. Make sauce

In a small bowl, whisk **mustard** with **yogurt**, and **1 teaspoon each of vinegar and water**; season with **salt** and **pepper**.



3. Make cakes

Beat **1 large egg** in a medium bowl; add **chopped onion, quinoa-sweet potato mixture**, **½ cup panko**, **½ teaspoon salt**, and **¼ teaspoon pepper**, stirring to combine. Form mixture into **4 cakes**, each about 3-inches wide.

Put **remaining panko** onto a plate and season with **salt**. Coat **cakes** in **panko**.



6. Sauté Brussels sprouts

Heat **1 tablespoon oil** over high. Add **sliced onion** and cook until golden, about 4 minutes. Add **Brussels sprouts, garlic**, and **salt** and **pepper** to taste and cook until softened, about 2 minutes. Add **remaining vinegar** and **¼ cup water**, cover, and cook 1 minute.

Place **quinoa-sweet potato cakes** on plates, with **Brussels sprouts** and **sauce** for dipping. Enjoy!