



Miso Quinoa-Spinach Salad with Feta & Caramelized Carrots



30-40min



2 Servings

This vegetarian dinner may be a salad, but it is packed with protein, hearty vegetables, and flavor! The carrots and onions are roasted at a high temperature to caramelize. The savory and lemony miso dressing is the perfect contrast to the sweet vegetables—all served over nutty quinoa and topped with a crumble of creamy feta cheese.

What we send

- 8 oz carrots
- 1 medium red onion
- ¼ oz fresh thyme
- 3 oz tri-color quinoa
- 2 pieces feta cheese ⁷
- 1 lemon
- 1 pkt miso sauce ^{1,4,6}
- 3 oz baby spinach

What you need

- olive oil
- kosher salt & ground pepper
- sugar

Tools

- fine-mesh sieve
- rimmed baking sheet
- small saucepan

Allergens

Wheat (1), Fish (4), Soy (6), Milk (7).
May contain traces of other allergens.
Packaged in a facility that packages
gluten containing products.

Nutrition per serving

Calories 520kcal, Fat 27g, Carbs 55g,
Proteins 17g



1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Peel and trim ends from **carrots**; cut on an angle into ½-inch thick pieces. Halve **onion**, then cut into ¼-inch thick wedges through the root end. Pick and coarsely chop **1 teaspoon thyme leaves**, discarding stems. Rinse **quinoa** in a fine-mesh sieve.



4. Make miso dressing

Zest **all of the lemon** and squeeze **1 tablespoon lemon juice** into a small bowl. Stir in **1 tablespoon miso**, **1 tablespoon oil**, **1½ tablespoons water**, **½ teaspoon sugar**, and whisk until smooth. Season to taste with **salt** and **pepper**.



2. Roast vegetables

On a rimmed baking sheet, combine **carrots**, **onions**, **chopped thyme**, and **1 tablespoon oil**; season with **salt** and **pepper**. Spread in an even layer. Roast on upper oven rack until tender, tossing halfway through, 20-25 minutes (watch closely as ovens vary).



5. Dress salad

Add **spinach** and **cooked quinoa** to a large bowl. Add **half of the dressing** and toss to combine, slightly wilting the spinach. Season to taste with **salt** and **pepper**.



3. Cook quinoa

Meanwhile, in a small saucepan, bring **quinoa**, **¾ cup water**, and **½ teaspoon salt** to a boil. Cover, reduce heat to medium-low, and cook until tender and water is absorbed, 15-20 minutes. Remove from heat. Keep covered until ready to serve.



6. Serve

Serve **quinoa** and **spinach** topped with **roasted carrots and onions**. Crumble **feta** and drizzle **remaining miso dressing** over top. Enjoy!