



Za'atar Roasted Carrot & Quinoa Salad:

Martha Stewart & Marley Spoon does Lunch



20-30min



2 Servings

The quality of the day hinges on the quality of lunch. There are no hours, only Before Lunch and After Lunch. So, whether you're at home, or at work (or if that's the same place) - treat yourself! Put down the instant noodles! Unhand the soggy sandwich! This nutritious quinoa and spinach salad is everything lunch should be: easy, quick, light enough not to weigh you down, but filling enough to keep you going until dinnertime!

What we send

- ½ lb rainbow carrots
- 1 medium red onion
- ¼ oz za'atar spice blend ¹¹
- 3 oz tri-color quinoa
- 1 orange
- 4 oz Greek yogurt ⁷
- 3 oz baby spinach
- 1 oz pepitas
- 1½ oz feta cheese ⁷

What you need

- olive oil
- kosher salt & ground pepper

Tools

- small saucepan
- rimmed baking sheet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

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

Nutrition per serving

Calories 650kcal, Fat 40g, Carbs 58g, Proteins 24g



1. Roast carrots & onions

Preheat oven to 450°F with a rack in the upper third. Scrub **carrots**, halve crosswise, and cut lengthwise into quarters. Halve and thinly slice **all of the onion** through root end. On a rimmed baking sheet, toss carrots and onions with **1½ tablespoons oil** and **1½ teaspoons za'atar**; season with **salt** and **pepper**. Roast on upper oven rack until veggies are tender, 15-20 minutes.



4. Season spinach

In a medium bowl, toss **spinach** with **1 tablespoon oil**. Season to taste with **salt** and **pepper**.



2. Cook quinoa

In a small saucepan, combine **quinoa**, **¾ cup water**, and **½ teaspoon salt**. Bring to a boil over high heat. Reduce heat to low, cover and cook until quinoa is tender and liquid is absorbed, about 15 minutes. Keep covered until ready to serve.

(Prep tip: quinoa can be cooked and refrigerated in a sealed container 1-2 days in advance.)



5. Eat now!

Transfer **spinach**, **quinoa**, **carrots**, and **onions** to bowls. Top with **yogurt dressing**, **pepitas**, and crumbled **feta**. Enjoy!



3. Make yogurt dressing

Finely grate **half of the orange zest** into a small bowl, then squeeze in **2 tablespoons orange juice**. Add **yogurt**, **1 tablespoon oil**, and a **generous pinch each of salt and za'atar**.



6. Eat later!

Transfer **spinach**, **quinoa**, **carrots**, and **onions** to containers; cover and store in refrigerator overnight. Store **yogurt dressing** in a sealed container in refrigerator. When ready to serve, assemble as directed in step 5. Enjoy!