



Quinoa and Beet Salad

with Apples, Arugula, and Almonds



30-40min



2 Servings

Get your grain-bowl here! We tossed a bunch of our favorite things in this health bowl: sweet-tart apples, tender roasted beets and some cleansing arugula and parsley. Be sure to toast the almonds until golden—they'll give up a ton of toasty flavor if you take them to the edge. We like to give them a little love all their own by tossing them with a bit of oil and seasoning with salt and pepper....

What we send

- 5 oz arugula
- 1 shallot
- 1 golden beet
- 1 apple
- 3 oz tri-color quinoa
- 1 oz fresh parsley
- 1 lemon
- ¾ oz Parmesan ⁷

What you need

- coarse salt
- freshly ground black pepper
- olive oil

Tools

- rimmed baking sheet

Allergens

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

Nutrition per serving

Calories 760kcal, Fat 44g, Carbs 66g, Protein 18g



1. Toast almonds

Preheat oven to 350°F. Place almonds on a rimmed baking sheet and toast until golden and fragrant, 10-12 minutes. Roughly chop, transfer to a bowl, and toss with 2 tablespoons oil; season with salt and pepper.



2. Roast beets

Increase oven to 425°F. Peel beets and cut into ½-inch wedges. Trim, peel, and thinly slice shallot. On the same baking sheet, toss beets and shallots with 2 tablespoons oil; season with ¾ teaspoon salt and ¼ teaspoon pepper. Roast vegetables, shaking sheet halfway through, until golden and tender, 20-25 minutes.



3. Cook quinoa

Rinse quinoa in a fine-mesh sieve. Combine quinoa, 1½ cups water, and a pinch of salt in a small saucepan. Bring to a boil, then reduce heat to low. Cover and cook until quinoa is tender and water is absorbed, 20-25 minutes. Remove from heat.



4. Marinate apples

Cut sides from apple, leaving core behind. Thinly slice apple and place in a medium bowl with vinegar and ¼ teaspoon each salt and pepper. Halve lemon, squeeze half over apples, and toss to combine.



5. Combine

When beets come out of oven, squeeze remaining half of lemon over top. Scrape beets and shallots and any pan juices into a large bowl, add quinoa and toss to combine. Pick parsley leaves from stems and add leaves to apples along with arugula; toss to combine.



6. Plate

Transfer quinoa and beets to a platter or plates and top with apple mixture. Shave Gruyère over top with a vegetable peeler and top with almonds and any almond oil. Enjoy!