



Falafel & Sweet Potato Quinoa Bowl

with Tahini-Turmeric Dressing



30min



2 Servings

A packed bowl is one of our favorite ways to quickly tackle weekday hunger. Fluffy quinoa provides a hearty base for ras el hanout seasoned sweet potatoes, crisp falafel patties, and nutrient-rich spinach. Tahini, turmeric, and maple syrup combine for an irresistibly creamy dressing to tie it all together.

What we send

- 3 oz white quinoa
- 1 sweet potato
- ¼ oz ras el hanout
- 1 oz tahini ¹
- 1 (¼ oz) Dijon mustard
- 1 oz maple syrup
- ¼ oz turmeric
- 1 oz salted almonds ²
- ½ lb pkg falafel
- 5 oz baby spinach

What you need

- kosher salt & ground pepper
- olive oil
- white wine vinegar (or red wine vinegar)

Tools

- small saucepan
- rimmed baking sheet
- medium nonstick skillet

Allergens

Sesame (1), Tree Nuts (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 1050kcal, Fat 65g, Carbs 99g, Protein 25g



1. Cook quinoa

Preheat oven to 450°F with a rack in the center.

In a small saucepan, combine **quinoa**, **½ teaspoon salt**, and **¾ cup water**. Bring to a boil. Cover, reduce heat to medium-low, and cook until tender and water is absorbed, 15-20 minutes. Remove from heat. Rest, covered, for 10 minutes. Add **1 tablespoon oil** and fluff with a fork.



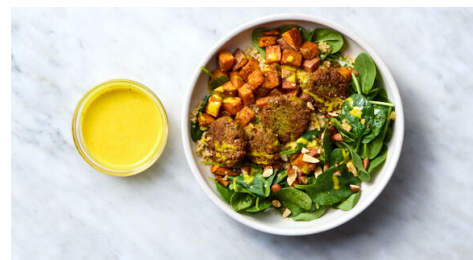
4. Cook falafel

Heat **¼-inch oil** in a medium nonstick skillet over medium-high until shimmering. Add **falafel** (it should sizzle vigorously) and cook until browned, 2-3 minutes per side. Transfer to a paper towel-lined plate. Season with **salt** and **pepper**.



2. Roast sweet potatoes

Scrub **sweet potato**; cut into 1-inch pieces. On a rimmed baking sheet, toss sweet potatoes with **half of the ras el hanout**, **1 tablespoon oil**, and **salt** and **pepper** to taste; spread in an even layer. Bake on center rack until browned and tender, about 20 minutes.



5. Assemble & serve

Divide **quinoa**, **spinach**, **sweet potatoes**, **falafel**, and **almonds** between bowls. Drizzle with **tahini-turmeric dressing**. Enjoy!



3. Make dressing

In a small bowl, whisk together **tahini**, **Dijon mustard**, **2 tablespoons oil**, **1 tablespoon each of maple syrup and vinegar**, and **1 teaspoon turmeric**. Gradually whisk in **2 tablespoons water** until creamy. Season to taste with **salt** and **pepper**.

Coarsely chop **almonds**. Reshape **falafel** into 8 balls, if necessary. Flatten slightly to form patties.



6. Rate your plate!

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