



Roasted Beet & Crispy Feta Salad

with Quinoa, Radish & Balsamic



30-40min



2 Servings

Fresh and filling, this dinner-worthy salad features a variety of irresistible textures, tastes and temperatures. Panko-crusted feta is a sure-fire crowd-pleaser with its crunchy exterior and creamy warm interior. The feta rests on a bed of baby spinach, fresh mint and quinoa, along with roasted beets, crisp radishes and toasted walnuts—all tossed in a balsamic dressing. Main-course salads have never tasted so good!

What we send

- 1 red beet
- 1 radish
- 2 (1 oz) walnuts ¹⁵
- 3 oz white quinoa
- 2 oz balsamic vinaigrette
- 1 oz panko ¹
- 2 (2 oz) feta ⁷
- ¼ oz fresh mint
- 5 oz baby spinach

What you need

- olive oil
- kosher salt & ground pepper
- 1 large egg ³

Tools

- microwave
- rimmed baking sheet
- small saucepan
- small nonstick skillet

Allergens

Wheat (1), Egg (3), Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 890kcal, Fat 61g, Carbs 66g, Protein 26g



1. Pre-cook beets

Preheat oven to 425°F with a rack in the center.

Peel **beet**, cut in half, and then cut into ½-inch thick wedges. Transfer beets to a microwave-safe bowl and cover with a damp paper towel. Microwave until beets are easily pierced with a fork, 3-5 minutes.

Thinly slice **radish**.



4. Bread feta

Beat **1 large egg** with **1 tablespoon water** in a shallow dish. Add **panko** to a 2nd shallow dish.

Carefully unwrap **feta** and pat dry, keeping feta in one piece. Coat both sides of the feta with the egg and then transfer to the panko, pressing lightly so that the panko adheres. Return to the egg mixture and coat again, then coat in another layer of panko.



2. Roast beets and walnuts

On a rimmed baking sheet, toss **beets** with **1 tablespoon oil**; season with **salt** and **pepper**. Roast until browned on the underside, 12-15 minutes.

Flip beets and push to one side of baking sheet. Add **walnuts** to empty side and return to oven. Roast until nuts are golden brown and fragrant, 3-5 minutes more.



5. Fry feta

Heat **¼ inch of oil** in a small nonstick skillet over medium-high until shimmering. Reduce heat to medium and carefully add **feta**. Fry until golden brown on both sides, 30-90 seconds per side. Transfer to a paper towel-lined plate.



3. Make quinoa & dressing

Meanwhile, in a small saucepan, combine **quinoa**, **¾ cup water**, and **½ teaspoon salt**. Bring to a boil, then reduce to a simmer. Cover and cook until water is absorbed and quinoa is tender, about 15 minutes.

To a large bowl, add **balsamic vinaigrette**.



6. Finish & serve

Coarsely chop **walnuts**. Pick **mint leaves** from stems and coarsely chop; discard stems. Add **spinach**, **mint**, and **quinoa** to bowl with **dressing**. Toss until evenly coated.

Divide **salad** between plates and top with **beets**, **radishes**, **walnuts**, and **fried feta**. Serve and enjoy!