



## 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 <sup>1</sup>
- ¼ oz Dijon mustard
- 1 oz maple syrup
- ¼ oz turmeric
- 1 oz salted almonds <sup>2</sup>
- 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 1060kcal, Fat 65g, Carbs 100g, 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!

When you rate your meals we can give you more of the flavors you love. Tell us what you thought of this recipe on the app or website.