



Vegetarian Quinoa & Squash Salad

with Honey & Thyme Vinaigrette



ca. 20min



2 Servings

Who says a salad can't be filling? We pack this one with tender roasted squash, a tasty high volume food as healthy as it is satiating. Fluffy quinoa bolsters the delicate red leaf lettuce, while toasted pecans and creamy feta cheese add delicious texture. A simple vinaigrette featuring fresh thyme and honey sweetens the deal on this nutritious and hearty dish.

What we send

- 3 oz white quinoa
- 2 yellow squash
- 1 lemon
- ¼ oz fresh thyme
- 1 oz pecans ¹⁵
- ½ oz honey
- 1 head red leaf lettuce
- 2 oz feta ⁷

What you need

- kosher salt & ground pepper
- olive oil

Tools

- small saucepan
- rimmed baking sheet, grill, or grill pan
- medium skillet

Allergens

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

Nutrition per serving

Calories 740kcal, Fat 56g, Carbs 48g, Protein 15g



THIS IS A CUSTOMIZED RECIPE STEP

We've tailored the instructions below to match your recipe choices.
Happy cooking!

1. Cook quinoa

In a small saucepan, combine **quinoa**, **¾ cup water**, and **½ teaspoon salt**. Bring to a boil. Cover, reduce heat to medium-low, and cook until tender and water is absorbed, 15-20 minutes. Keep covered off heat until ready to serve.



4. Toast nuts (optional)

Heat **2 teaspoons oil** in a medium skillet over medium. Add **pecans** and cook, stirring, until toasted and fragrant, 3-5 minutes.



2. Prep ingredients

Meanwhile, slice **squashes** crosswise into ½-inch thick disks. Squeeze **1 tablespoon lemon juice** into a small bowl. Finely chop **1 teaspoon thyme leaves**. Coarsely chop **pecans**.



5. Make dressing

To **small bowl with lemon juice**, whisk in **thyme, honey**, and **3 tablespoons olive oil**. Season to taste with **salt** and **pepper**.



3. Cook squash

Preheat broiler with rack in the upper third. Directly on a rimmed baking sheet, toss **squash** with **2 tablespoons oil** and season with **salt** and **pepper**. Place in an even layer and broil until tender and charred, 10-15 minutes flipping halfway.

(Alternately, heat a grill or grill pan to high and grill squash until tender, 5-7 minutes per side.)



6. Assemble & serve

Place **red leaf lettuce** onto a serving platter. Top with **farro** and **squash**. Drizzle everything with the **honey and thyme vinaigrette**. Garnish with **pecans** and **feta cheese**. Enjoy!