

MARLEY SPOON



Vegan Macro Quinoa Bowl

with Turmeric-Tahini Dressing



40min



2 Servings

Colorful and hearty, this plant-based bowl makes balancing macronutrients more delicious than ever. Nutritious powerhouses beet and kale roast to tender perfection before resting on fluffy quinoa. Sesame seeds delicately flavor edamame beans that heat up in a flash while we make the ultimate tahini dressing with turmeric for a vibrant flavor. Healthy proteins, carbs and fats all in one vegan bowl!

What we send

- 3 oz tri-color quinoa
- 1 red beet
- 1 bunch curly kale
- ½ oz tamari soy sauce ³
- 2 (1 oz) tahini ²
- ¼ oz turmeric
- 2½ oz edamame ³
- ½ oz toasted sesame oil ²
- ¼ oz pkt toasted sesame seeds ²
- 10 oz pkg salmon filets ¹

What you need

- kosher salt & ground pepper
- olive oil

Tools

- small saucepan
- rimmed baking sheet
- microwave

Cooking tip

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Allergens

Fish (1), Sesame (2), Soy (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 710kcal, Fat 46g, Carbs 51g, Protein 23g



1. Make quinoa

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

In a small saucepan, combine **quinoa**, **¾ cup water**, and **½ teaspoon salt**. Cover and bring to a boil. Reduce heat to a simmer and cook until water is absorbed and quinoa is tender, about 17 minutes. Keep covered until ready to serve.



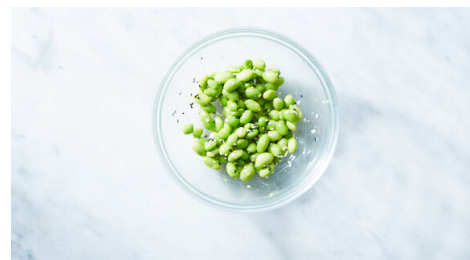
4. Make dressing

In a small bowl, combine **tahini**, **1 teaspoon turmeric**, and **2 tablespoons water**. Whisk until combined and season to taste with **salt** and **pepper**. If **dressing** is too thick, whisk in **1 teaspoon water** at a time until desired consistency.



2. Roast beets

Peel **beet** and cut into ½-inch pieces. Transfer to a rimmed baking sheet; toss with **1 tablespoon oil** and season with **salt** and **pepper**. Roast on center oven rack, 10 minutes.



5. Heat edamame

Crush **sesame seeds** in a small bag with a heavy object to release oils, if desired.

Add **edamame** to a microwave-safe bowl. Cover with a damp paper towel and microwave until warmed through, about 2 minutes. Toss with **sesame seeds**, **1 teaspoon sesame oil**, and **a pinch of salt**.



3. Roast kale

Meanwhile, strip **kale leaves** from stems and tear into bite-sized pieces. In a large bowl, massage kale with **tamari**, **2 tablespoons oil**, and **a few grinds of pepper** until absorbed.

Flip **beets** and push to one side of baking sheet. Add kale to the other side and return to oven to roast until kale just starts to brown and beets are tender, 12-15 minutes more.



6. Assemble & serve

Fluff **quinoa** with a fork and transfer to bowls. Top with **kale**, **beets**, and **edamame**. Drizzle **tahini-turmeric dressing** over top. Enjoy!