

# DINNERLY



## Miso-Glazed Sweet Potatoes with Quinoa & Spring Veggies

 20-30min  4 Servings

Just because something is good for you, doesn't mean that it has to be boring. And the proof is in the pudding, er, sweet potatoes? Anyway, this dish is loaded with healthy stuff that we should be eating like sweet potatoes, quinoa, and veggies, and they are extra-delicious because they're glazed with an umami-laden miso glaze. We've got you covered!

#### WHAT WE SEND

- sweet potatoes
- quinoa
- snow peas
- chili garlic sauce <sup>17</sup>
- radish

#### WHAT YOU NEED

- kosher salt & ground pepper
- sugar
- white wine vinegar <sup>17</sup>

#### TOOLS

- colander
- medium saucepan
- rimmed baking sheet

#### ALLERGENS

Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

#### NUTRITION PER SERVING

Calories 580.0kcal, Fat 24.0g, Proteins 12.0g, Carbs 81.0g



#### 1. Roast sweet potatoes

Preheat oven to 425°F with a rack in the upper third. Scrub **sweet potatoes**, then cut into ½-inch thick rounds. On a rimmed baking sheet, toss sweet potatoes with **2 tablespoons oil** and season with **salt** and **pepper**. Roast on upper oven rack until tender, about 20 minutes. Switch oven to broil.



#### 2. Prep ingredients

Bring **6 cups salted water** to a boil in a medium saucepan. Trim stem ends from **snow peas**, then halve crosswise. Add snow peas to boiling water and cook until bright green and crisp tender, about 2 minutes. Drain, rinse with cold water, and drain well again.



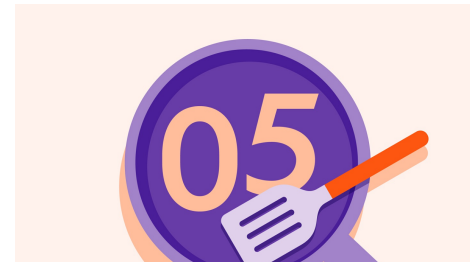
#### 3. Cook quinoa

In same saucepan, combine **quinoa**, **3 cups water**, and **1 teaspoon salt**. Bring to a boil. Cover and cook over low until quinoa is tender and water is absorbed, about 15 minutes. Remove from heat and cover to keep warm.



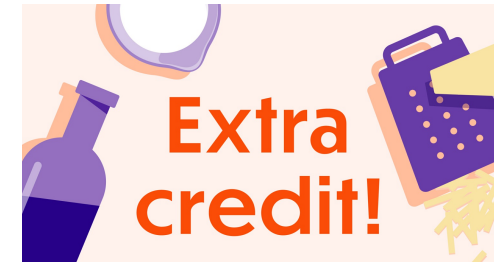
#### 4. Broil sweet potatoes

In a medium bowl, whisk together **all of the miso and chili garlic sauce**, **¼ cup vinegar**, **¼ cup sugar**, and **½ cup oil**. Season to taste with **salt** and **pepper**. Once **sweet potatoes** are roasted, brush **¼ cup of the miso glaze** on one side (reserve rest for step 5). Broil on upper oven rack until lightly caramelized, 3–5 minutes (watch closely as broilers vary).



#### 5. Assemble & serve

Trim **radishes** and very thinly slice. In a medium bowl, toss radishes and **snow peas** with **½ cup of the miso glaze**. Spoon **quinoa** onto plates, then top with **glazed sweet potatoes** and **snow pea and radish salad**. Drizzle with as much of the **remaining miso dressing** as desired. Enjoy!



#### 6. Crunch, crunch!

Add a sprinkle of sesame seeds, or chopped peanuts or cashews for an extra protein kick and added crunch!