



## Quinoa-Sweet Potato Cakes

with Garlicky Brussels Sprouts



20-30min



4 Servings

These are the healthiest cakes you're ever gonna eat! Tender sweet potato and protein-rich quinoa are mashed together to make a delectable veggie cake. Coated in crispy panko breadcrumbs and lightly pan fried, the cakes form a crunchy, golden-brown crust. Sliced red onion is sautéed with sliced Brussels sprouts and a splash of vinegar to round out a vitamin-rich meal! Cook, relax, and enjoy!

## What we send

- red onion
- brussels sprouts
- garlic
- white wine vinegar
- sweet potato
- dijon mustard <sup>17</sup>
- white quinoa

## What you need

- 1 large egg <sup>3</sup>
- coarse salt
- freshly ground pepper

## Tools

- large skillet
- medium saucepan
- rimmed baking sheet

**Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.**

**For recipes containing garlic, you'll find one head of garlic in your box.**

**We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.**

## Allergens

Egg (3), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 509kcal, Fat 25g, Carbs 60g, Proteins 11g



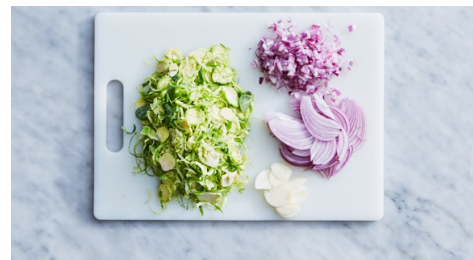
### 1. Cook quinoa & potatoes

Peel **sweet potatoes**, then cut into 1-inch pieces. Place **quinoa** in a medium saucepan; add **sweet potatoes, 2 cups water**, and **½ teaspoon salt**. Bring to a boil. Reduce heat to a simmer, cover, and cook until quinoa and sweet potatoes are tender and liquid is absorbed, about 17 minutes. Coarsely mash and spread on a plate to cool slightly.



### 4. Fry cakes

Heat **⅛-inch oil** in a large skillet over medium-high. Working in 2 batches, add **4 cakes** at a time and cook, turning once, until golden and crisp, 6-8 minutes. Drain on a paper towel lined baking sheet. Sprinkle with **salt**. Transfer to the oven to keep warm. Pour off oil and wipe out skillet.



### 2. Prep ingredients

Preheat the oven to 250°F. Trim ends from **onion**, then halve, peel and finely chop **¾ cup**; thinly slice the rest. Peel and thinly slice **2 large cloves garlic**. Holding core ends of **Brussels sprouts**, thinly slice crosswise and discard core ends. Squeeze a few times with your hands to separate leaves slightly.



### 5. Make sauce

In a small bowl, whisk **mustard** with **sour cream, 1 tablespoon vinegar**, and **1 tablespoon water**. Season with **salt** and **pepper**.



### 3. Make cakes

Beat **1 large egg** in a medium bowl; add **chopped onion, 1 teaspoon salt, ¼ teaspoon pepper, quinoa-sweet potato mixture**, and **1 cup of the panko**, and stir to combine. Put **remaining panko** onto a plate and season with **salt**. Form the mixture into **8 cakes**, each about 3-inches wide. Coat in **panko**.



### 6. Sauté Brussels sprouts

Heat **2 tablespoons oil** over high. Add **sliced onion** and cook until golden, about 4 minutes. Add **Brussels sprouts, garlic, salt** and **pepper** to taste, cook until softened, about 2 minutes. Add **remaining vinegar** and **⅓ cup water**, cover, and cook 1 minute. Place **quinoa-sweet potato cakes** on plates, with **Brussels sprouts** and **sauce** served alongside to dip! Enjoy!