



Roasted Carrots & Quinoa Salad

with Miso Dressing



30-40min



2 Servings

This vegetarian dinner may be a salad, but it is packed with protein, hearty vegetables, and flavor! The carrots and onions are roasted at a high temperature to caramelize. The savory and lemony miso dressing is the perfect contrast to the sweet vegetables - all served over nutty quinoa and topped with a crumble of creamy goat cheese. Cook, relax, and enjoy!

What we send

- red onion
- fresh thyme
- baby spinach
- carrots
- red quinoa
- lemon

What you need

- coarse kosher salt
- freshly ground pepper
- olive oil
- sugar

Tools

- fine-mesh sieve
- rimmed baking sheet
- small saucepan

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

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 472.0kcal, Fat 21.0g, Proteins 14.5g, Carbs 56.0g



1. Prep ingredients

Preheat oven to 450°F. Peel and trim ends from **carrots**; cut on an angle into pieces 2-3 inches long and ½-inch thick. Trim ends from **onion**, then halve, peel, and cut into ¼-inch wedges (keeping core intact). Pick and roughly chop **1 teaspoon thyme leaves**, discard stems (save rest for own use). Rinse **quinoa** in a fine-mesh sieve. Crumble **goat cheese**.



4. Make miso dressing

Zest the **lemon** into a small bowl. Squeeze **1 tablespoon lemon juice** into the bowl. Add **1 tablespoon miso** (save rest for own use), **1 tablespoon oil**, **1½ tablespoons water**, **½ teaspoon sugar**, and **½ teaspoon salt**, and whisk until smooth.



2. Roast vegetables

On a rimmed baking sheet, combine **carrots, onion, chopped thyme, 1 tablespoon oil, ½ teaspoon salt**, and **a few grinds pepper**. Spread in an even layer. Roast until tender, tossing halfway through, 20-25 minutes.



5. Dress salad

Add **spinach** and **quinoa** to a large bowl. Add **half of the dressing** and toss to combine, wilting the spinach. Season to taste with **salt** and **pepper**.



3. Cook quinoa

Meanwhile, in a small saucepan, bring **quinoa, ¾ cup water**, and **½ teaspoon salt** to a boil. Cover, reduce heat to a gentle simmer, and cook until tender and water is absorbed, 15-20 minutes. Remove from heat. Let stand, covered, until ready to serve.



6. Serve

Serve **quinoa** and **spinach** topped with **roasted carrots and onions** and **crumbled goat cheese**. Drizzle **remaining miso dressing** over the top. Enjoy!