





## Spring Quinoa Bowl

with Charred Eggplant and Mint Tahini

 20-30min  4 Servings

Good things come in small packages. Like our nutrient rich friend quinoa— you wouldn't know just by looking at it but it's the darling of the grain world because its packed with protein. We jazzed up this Spring bowl with a vibrant lemon dressing and nutty adzuki beans. Broiled eggplant and a mint tahini sauce are the perfect accompaniments. A garnish of thinly sliced snap peas adds a great cru...

## What we send

- fresh mint
- 2 cloves garlic
- lemon
- can adzuki beans
- Italian eggplant
- sugar snap peas
- tri-color quinoa

## What you need

### Tools

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 721.0kcal, Fat 34.6g, Proteins 26.9g, Carbs 70.1g



### 1. Cook quinoa

Rinse **quinoa** in a fine mesh sieve. Bring **quinoa**, a pinch **salt**, and 2¾ cups **water** to a boil in a small saucepan over high heat. Cover, reduce to low, and simmer until tender and water is absorbed, 15-20 minutes.



### 4. Prep ingredients

Drain and rinse **adzuki beans** and transfer to the reserved bowl. Zest and juice **half of the lemon** into the **adzuki beans**. Pick **mint** leaves from stems and finely chop half. Thinly slice **snap peas** on the diagonal.



### 2. Prep eggplant

Preheat broiler with rack in the top position. Trim ends of **eggplant** and slice into ½-inch thick rounds. Toss eggplant with 3 tablespoons **oil** in a large bowl and season with 1 teaspoon **salt** and a few grinds **pepper**. Place eggplant slices on a rimmed baking sheet. Reserve bowl.



### 5. Dress quinoa

Add **quinoa** to bowl with **adzuki beans** along with **mint leaves** (tear any large leaves in half) and 2 tablespoons **oil**, and toss to combine. Season with 1 teaspoon **salt** and a few grinds **pepper**.



### 3. Broil eggplant

Broil **eggplant** until dark golden brown, 3-5 minutes per side. (Watch closely as broilers vary widely.)



### 6. Make tahini sauce

Grate **1 clove garlic** (reserve rest for your own use) and squeeze **remaining lemon half** into a medium bowl. Add **tahini**, 2 tablespoons **oil**, ¼ cup **water**, and **chopped mint**, and whisk until smooth. Season to taste with **salt** and **pepper**. Divide **quinoa mixture** between 4 bowls and top with **eggplant** and **sugar snap peas**. Drizzle with **mint-tahini** sauce. Enjoy!