



# Hearty Sweet Potato, Broccoli (& More) Quinoa Salad with Tahini-Lemon Dressing

Adapted from: [www.blueapron.com](http://www.blueapron.com)

## Ingredients:

½ cup White Quinoa	¾ lb. Broccoli
1 Avocado	½ lb. Sweet Potatoes
1 Lemon	1 large bunch of Mint
1 oz Arugula	2 Tbsp. Pine Nuts, Cashews or Almonds
1 Cucumber	2 Tbsp Tahini Paste

Wash and dry the fresh produce. Heat 2 medium pots of salted water (1 cup of water to the pot for Quinoa) to boiling on high. Using a peeler, remove the rind of the lemon, avoiding the pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon. Pit, peel and medium dice the avocado; toss with **the juice of 1 lemon wedge** to prevent browning. Small dice the cucumber. Cut the broccoli into large florets. Peel and medium dice the sweet potatoes. Pick the mint leaves off the stems; discard the stems.

Thoroughly rinse the **quinoa**. Once boiling, add the quinoa to the first pot of boiling water. Cook 14 to 15 minutes, or until tender. Remove from heat & set aside.

While the quinoa cooks, add the **broccoli** to the second pot of boiling water. Cook 4 to 6 minutes, or until slightly softened and bright green. [Drain thoroughly](#) and rinse under cold water for 30 seconds to 1 minute to stop the cooking process. Rinse and dry the pot.

While the broccoli cooks, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **sweet potatoes**; season with salt and pepper. Cook, stirring occasionally, 6 to 8 minutes, or until browned and tender when pierced with a fork. Remove from heat.

While the sweet potatoes cook, in a medium bowl, combine the **tahini paste** and **the juice of the remaining lemon wedges**; season with salt and pepper to taste. Slowly whisk in **1 tablespoon of olive oil** and **2 tablespoons of water** until well combined.

In the pot used to cook the broccoli, combine the **avocado, arugula, cucumber, lemon zest** and **cooked quinoa, broccoli and sweet potatoes**; season with salt and pepper. Add as much of the **tahini-lemon dressing** as you'd like (you may have extra); toss to thoroughly coat. Season with salt and pepper to taste. Divide the **finished salad** between 2 dishes. Garnish with the **mint & pine nuts**