



LOADED QUINOA BOWLS

with Barbecue Sweet Potato, Artichokes, Feta Cheese, and Croutons



HELLO

BARBECUE SEASONING

Smoky spices meet a dash of sugar to create that signature barbecue flavor.

PREP: 10 MIN | **TOTAL: 30 MIN** | **CALORIES: 990**



Quinoa



Artichokes
(Contains: Soy)



Demi-Baguette
(Contains: Wheat)



Sour Cream
(Contains: Milk)



Feta Cheese
(Contains: Milk)



Sweet Potato



Heirloom Grape
Tomatoes



Sweet and
Smoky Barbecue
Seasoning



Arugula

START STRONG

Season the sweet potato and artichokes as soon as they come out of the pan. If you add your salt, pepper, and spices while the veggies are still hot, they'll adhere better, giving you fab flavor.

BUST OUT

- Small pot
- Paper towels
- Large bowl
- Slotted spoon
- Large pan
- Small bowl
- Strainer
- Olive oil (5 tsp | 10 tsp)
- Butter (2 TBSP | 4 TBSP)
(Contains: Milk)
- Vegetable oil (¼ Cup | ½ Cup)

INGREDIENTS

Ingredient 2-person | 4-person

- Quinoa ½ Cup | 1 Cup
- Sweet Potato 1 | 2
- Artichokes 6.5 oz | 13 oz
- Heirloom Grape Tomatoes 4 oz | 8 oz
- Demi-Baguette 1 | 2
- Sweet and Smoky Barbecue Seasoning 1 TBSP | 2 TBSP
- Sour Cream 2 TBSP | 4 TBSP
- Arugula 2 oz | 4 oz
- Feta Cheese ½ Cup | 1 Cup

WINE CLUB

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1 COOK QUINOA

Wash and dry all produce. Place **1 cup water** and a pinch of **salt** in a small pot. Bring to a boil, then add **quinoa**. Lower heat, reduce to a simmer, and cover. Cook until tender, about 15 minutes, then transfer to a large bowl. Stir in **1 TBSP butter**. Season with salt and **pepper**. Set aside.



4 FRY ARTICHOKES

Add **artichokes** to same pan. Cook, turning occasionally, until browned and crisp all over, 4-6 minutes. Remove from pan with a slotted spoon and transfer to plate with sweet potato. Season immediately with another **1 tsp barbecue seasoning** (save the remainder for the next step) and plenty of **salt** and **pepper**. Carefully pour out oil in pan, then wipe out any charred bits with a paper towel.



2 PREP

Meanwhile, heat ¼ **cup oil** in a large pan over medium-high heat. Cut **sweet potato** into ½-inch cubes. Drain **artichokes**, then pat dry with a paper towel. (**TIP:** Dry them well to reduce oil splatters when cooking.) Halve **tomatoes**. Cut **baguette** into 1-inch cubes. Line a plate with paper towels.



5 TOAST CROUTONS AND MAKE DRESSING

Return same pan to medium-high heat and add **1 TBSP butter** and a large drizzle of **olive oil**. Once butter melts, add **baguette cubes** and toast, tossing, until golden brown all over, 3-5 minutes. Season with **salt** and **pepper**. Meanwhile, in a small bowl, mix remaining **barbecue seasoning**, **sour cream**, **2 tsp olive oil**, and **1 tsp water**. If thick, add another 1 tsp water. Season with salt and pepper.



3 FRY SWEET POTATO

Once oil is hot, add **sweet potato** to pan. Cook until tender and crisped, turning to brown all over, 8-10 minutes. Remove from pan with a slotted spoon and set aside to drain on your lined plate. Season immediately with **1 tsp barbecue seasoning** (we'll use the rest later) and plenty of **salt** and **pepper**.



6 ASSEMBLE SALAD

Fluff **quinoa** in bowl with a fork, then add **arugula** and a drizzle of **olive oil**. Season with **salt** and **pepper**. Add half each of the **sweet potato**, **artichokes**, **tomatoes**, **croutons**, and **feta cheese** and toss to combine. Divide between bowls for serving, then top with remaining half of the ingredients. Drizzle with **dressing**.

MEGA!

You couldn't fit more nutritious deliciousness in a bowl if you tried.

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