



HOME CHEF

Sweet Potato and Quinoa Sliders

With Seasoned Parsnip Chips



This healthier take on sliders combines quinoa and sweet potatoes to form crispy, little, pan-seared delights. The sliders get some bite from arugula and a creamy citrus note from lemon mayo. Seasoned baked parsnip chips finish off this meal to remember.

OVERVIEW



TIME TO PREPARE



INTERMEDIATE RECIPE



DAYS BEST COOKED BY

NUTRITION

Calories: 994
Carbohydrates: 117g
Fat: 50g
Protein: 29g
Sodium: 1340mg
per serving

DIETARY



NUT-FREE

DRINK PAIRING

A California Chardonnay is the perfect complement to the sweet potato in this dish. But since this is a burger, try a Belgian-style white ale like a Blue Moon.

INGREDIENTS

- ½ Cup Quinoa
- 1 Sweet Potato
- 1 Lemon
- 3 Parsnips
- 2 Tbsp. Parsnip Chip Seasoning
- 2 Tbsp. Mayonnaise
- 2 oz. Panko Breadcrumbs
- 2 Swiss Cheese Slices
- 4 Slider Buns
- 1 oz. Baby Arugula

WHAT YOU NEED

- Olive Oil
- Salt
- Pepper
- Cooking Spray

EQUIPMENT

- Small Pot
- 2 Baking Sheets
- Small Bowl
- Medium Non-Stick Pan

DID YOU KNOW?

Quinoa (pronounced KEEN-wa) is considered a superfood because of its nutrient richness. It's actually not a true grain, but an edible seed that was first cultivated in South America.

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Prepare the Ingredients

Preheat oven to 365 degrees. Prepare two baking sheets with foil and **cooking spray**. Bring a small pot with **quinoa** and 1 cup **water** to a boil over high heat. Reduce to a simmer and cook for 10 minutes, or until tender. Thoroughly rinse produce and pat dry. Peel and cut **sweet potato** into ½” dice. Zest **lemon** and mince zest. Halve lemon and juice. Trim ends off **parsnips** and peel. Use peeler to cut thin strips from parsnips. Cut those strips into 2” pieces.



Bake the Parsnips and Sweet Potatoes

Mix **parsnip**, 2 Tbsp. **olive oil**, and ¼ tsp. **salt** on prepared baking sheet. On second baking sheet, toss **sweet potatoes**, ½ tsp. **olive oil**, and a pinch of **salt and pepper**. Place parsnips on top rack of oven, and sweet potatoes on bottom rack, and cook 15-20 minutes, or until sweet potatoes are tender. Remove sweet potatoes from oven and sprinkle with half of the **seasoning mix**. Flip parsnips over and bake 10-15 minutes more, or until they are golden brown. *Watch parsnips closely, as they brown quickly.* . Sprinkle chips with remaining seasoning mix.



Make the Lemon Mayo

While waiting for parsnips and sweet potatoes to cook, stir together **mayonnaise**, **lemon zest**, and 2 tsp. **lemon juice** in a small bowl and set aside in refrigerator.



Make the Patties

Add **sweet potatoes** and half the **panko breadcrumbs** to quinoa in small pot. Mash with a potato masher or fork. Check mixture for dryness. *If needed, add 1 Tbsp. water at a time, checking each time to see if mixture will easily hold together when compressed.* Taste and season with **salt and pepper**. Divide mixture into 4 balls. Roll balls in remaining panko and flatten each ball using the palm of your hand to form 3” wide patties.



Cook the Patties

Heat a medium non-stick pan over medium heat. Cut **cheese slices** on the diagonal. Add 2 Tbsp. **olive oil** to hot pan and place **patties** in pan. Reduce heat to medium and cook patties until browned on the first side, about 3 minutes. Flip patties, place half a slice of cheese on each patty, and cook for 3-4 minutes, or until bottom is browned and cheese has begun to melt. Remove burgers from pan and place **buns** in to toast. *Keep heat moderate to ensure patties warm all the way through without burning the panko crust.*



Plate the Dish

Spread **lemon mayonnaise** on **bun**. Place **burgers** on bottom buns and top with **arugula** and **top buns**. Place sliders on a plate next to **parsnip chips**.