



**NUTRITION** *per serving* 112g carbohydrates 18g fat 17g protein 1634mg sodium | CONTAINS gluten, dairy, soy | vegetarian

 Calories  
**651**

 Prep & Cook Time  
**35-45 min.**

 Cook Within  
**7 days**

 Difficulty  
**Intermediate**

 Spice Level  
**Not Spicy**

#### IN YOUR BOX

- 1/3 cup Tri-Color Quinoa
- 14 oz. Sweet Potato
- 1 Roma Tomato
- 1 oz. Dried Cherries
- 1 Lemon
- 1 oz. Mayonnaise
- 2 English Muffins
- 1/4 cup Italian Breadcrumbs
- 1 Tbsp. Miso Paste—Gluten-Free
- 1/2 oz. Arugula

#### IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- Small Pot
- Small Bowl
- 2 Mixing Bowls
- Large Non-Stick Pan

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## Quinoa Sweet Potato Burger

on an English muffin

## BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **425 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray

## WHILE YOU COOK

- **Heads Up! Lemon juice** is used twice. 1 tsp. is added to **lemon-mayonnaise** and 2 tsp. is added to **dressing**.
- **Heads Up! Roasted sweet potato** is used twice. ½ cup is added to **quinoa burger** and remaining is added to **potato salad**.
- **Heads Up! Miso paste** is used twice. Half is added to **quinoa burger** and remaining goes in **dressing**.

## FROM THE CHEF

Using a fork instead of a knife to split English muffins preserves their signature “nooks and crannies.”

### Did you know...

What’s so super about quinoa? Not only is it packed with protein, but it contains all nine essential amino acids your body can’t produce itself.



## Cook the Quinoa

Bring a small pot with **quinoa** and ¾ cup **water** to a boil over high heat. Reduce to a simmer, cover, and cook until quinoa is tender and water has been absorbed, 12-15 minutes. Transfer quinoa to a plate and cool 5 minutes. While quinoa cooks, prepare ingredients.



## Form and Sear the Patties

Mash **sweet potato** in mixing bowl until smooth. Add **quinoa**, **breadcrumbs**, and **half the miso** (reserve remaining for salad) to bowl and mix until well-combined. Season with ½ tsp. **salt** and ¼ tsp. **pepper**. Form mixture into two ½”-thick patties. Heat 1 tsp. **olive oil** in a large non-stick pan over medium-high heat. Add patties to hot pan and sear until browned, 3-4 minutes per side.



## Prepare the Ingredients

Peel and cut **sweet potato** into ½” dice. Core **Roma tomato** and cut into ¼” rounds. Coarsely chop **dried cherries**. Zest **lemon**, halve, and juice. In a small bowl, combine **mayonnaise**, 1 tsp. **lemon juice** (reserve 2 tsp. for dressing), and 1 tsp. **lemon zest**. Split **English muffins** with a fork.



## Make Potato Salad and Toast Muffins

In another medium mixing bowl, whisk together 2 tsp. **lemon juice**, remaining **miso paste**, and 1 Tbsp. **olive oil**. Add remaining **sweet potatoes** and **dried cherries** to bowl and gently toss to combine. Season to taste with **salt** and **pepper**. Replace foil on baking sheet and add **English muffins**. Bake until lightly toasted, 5-6 minutes.



## Roast the Sweet Potatoes

Arrange **sweet potatoes** on prepared baking sheet. Toss with 2 tsp. **olive oil**, ½ tsp. **salt**, and ¼ tsp. **pepper** and spread into a single layer. Roast until tender, 15-18 minutes. Remove from oven, transfer ½ cup sweet potatoes (reserve remaining for salad) to a medium mixing bowl, and cool 5 minutes.



## Plate the Dish

Slather **lemon-mayonnaise** between **English muffin halves**. Add a **quinoa patty** and top with more lemon-mayonnaise, **tomato**, **arugula**, and remaining muffin halves. Serve alongside **sweet potato salad**.