



Everything But The Chef

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## Summer Dill Goat Cheese & Quinoa Bowl

Talk about abundant! This summer bowl is a veritable harvest of fresh simple ingredients. It's time to say no to overboiled, browning broccoli and myths of bland quinoa. This symphony of sweet sugar snap peas, creamy goats cheese infused with dill and burnished sweet potato is really going to look after you. Fresh mint completes this ode to summer, the perfect end to a sunny day.

**Prep:** 10 mins  
**Cook:** 30 mins  
**Total:** 40 mins  
**level 1**  
**gluten free**  
**nut free**  
**low sodium**

### Pantry Items

Olive Oil  
 Water



Sweet Potato



Quinoa



Broccoli



Sugar Snap Peas



Mint



Dill Goat Cheese



Lemon

2P	4P	Ingredients
400 g	800 g	sweet potato, unpeeled & cut into 1 cm cubes
1 tbs	2 tbs	olive oil *
½ cup	1 cup	quinoa, rinsed
1 ½ cups	3 cups	water *
1 head	2 heads	broccoli, cut into small florets
100 g	200 g	sugar snap peas, trimmed & destring
1 bunch	2 bunches	mint, whole leaves picked
½ block	1 block	dill goat cheese, crumbled
½	1	lemon, zested & juiced

⊕ May feature in another recipe

\* Pantry Items

#### Nutrition per serving

Energy	2260	Kj
Protein	25.9	g
Fat, total	15	g
-saturated	4.8	g
Carbohydrate	71.7	g
-sugars	13.7	g
Sodium	158	mg

#### Measuretool

0 cm	1 cm	2 cm

**Disclaimer:** Sweet potatoes naturally vary in size, we may over supply you but please use the weight stated for this recipe.



**You will need:** chef's knife, chopping board, zester, kettle full of water, oven tray lined with baking paper, medium saucepan, large heatproof bowl, colander, and a small jar/bowl.

**1** Preheat the oven to **200°C/180°C** fan-forced. Bring a kettle full of water to the boil.

**2** Toss the **sweet potato** in half of the **olive oil** and season with **salt** and **pepper**. Place in a single layer on the prepared oven tray and cook in the oven for **30 minutes** or until tender.



**3** Meanwhile, place the **quinoa** and **water** in a medium saucepan and bring to the boil. Reduce the heat to medium-low and simmer, covered, for **12-15 minutes**, or until the quinoa is tender and the water is absorbed.

**4** While the quinoa is cooking place the **broccoli** and **sugar snap peas** in a large heatproof bowl. Pour over the boiling water from the kettle and stand for **2-3 minutes** or until just tender. Drain and refresh under cold water and return to the same bowl. Add the quinoa, roast sweet potato, **mint** and **dill goat cheese**. Toss to combine well.



**5** Combine the remaining olive oil, **lemon zest** and **juice** in a small jar or bowl. Season to taste with salt and pepper.

**6** To serve, pour over the dressing and divide between bowls.



**Did you know?** Goat cheese is much easier to digest than cow cheese due to its lower level of lactose and fat.