



FAST. EASY. FRESH.

STRAWBERRY BALSAMIC QUINOA SALAD WITH ROASTED ASPARAGUS AND GOAT CHEESE

1. Preheat your oven to 400°F. In a small pot, bring ¾ cup water, **quinoa** and ¾ tsp. **sea salt** to a boil. Turn heat to low, cover, and let simmer for 12 minutes or until water is absorbed and quinoa is cooked. When cooked, spread the quinoa out on a cookie sheet or plate and set in your fridge to cool down.

2. Meanwhile, cut the **zucchini** into half-moons and the **asparagus** into 1" pieces. Toss with 2 Tbsp. **olive oil**, 1 tsp. **sea salt**, and 1 Tbsp. **balsamic vinegar**. Spread onto parchment-lined baking tray and roast in the oven for 6-7 minutes. Remove from tray and place in fridge to cool down.

3. While the quinoa is cooking and vegetables are roasting, prepare the rest of your ingredients. Cut the **strawberries** into quarters, crumble the **goat cheese**, and roughly chop the **spinach**. Chop the **parsley** and cut the **lemon** in half.

4. Make the dressing. In a bowl, whisk together 2 Tbsp. **olive oil**, and the **Dressing Base** (1 Tbsp. balsamic vinegar, 1 Tbsp. of the **balsamic reduction**, and **maple syrup**). Add the chopped **parsley** and squeeze in the juice from half of your **lemon**.

5. When the roasted vegetables and quinoa have cooled down slightly (they don't have to be cold, just not hot), combine the them in a bowl with the **strawberries**, half the **almonds**, half the **goat cheese**, and the **spinach**. Add the dressing and toss.

6. To serve, spoon the salad into bowls and garnish with the remaining **goat cheese** and **almonds**, then drizzle with the remaining 1 Tbsp. of **balsamic reduction**. Enjoy!

Ingredients (2 Person Serving – 791 Calories Per Serving)

Asparagus	200 g	Spinach	70 g
Zucchini	1 Small	Quinoa	½ Cup
Olive Oil	4 Tbsp.	Balsamic Reduction	2 Tbsp.
Balsamic Vinegar	2 Tbsp.	Maple Syrup	1 Tbsp.
Strawberries	6	Lemon	1
Goat Cheese	75 g	Parsley	Few Sprigs
Almonds	50 g	Salt and Pepper	To Taste



30 Minute Cook Time!