

# Summer Vegetable & Quinoa Bowls

*with Fairy Tale Eggplants, Shishito Peppers & Corn*

These satisfying veggie bowls highlight a dazzling array of summertime produce. To a base of nutty red quinoa, we're adding ginger-sautéed sweet corn, green beans and fairy tale eggplants (a petite variety with delicate, creamy flavor). An umami-rich miso dressing ties together all the dish's flavors—and marinates our crunchy cucumber topping. Sautéed shishito peppers finish the dish off with subtle zing. (Chefs, to get your shishitos to blister in the pan, hold off on stirring them until the last minute of cooking.)

## Blue Apron Wine Pairings

Belle Fontaine Côtes de Provence Rosé, 2015  
Morgantini Vineyard Pinor Noir, 2014



## Ingredients

½ Cup Red Quinoa  
4 Ounces Green Beans  
3 Ounces Shishito Peppers  
2 Fairy Tale Eggplants  
1 Cucumber  
1 Ear of Corn

## Knick Knacks

2 Tablespoons Rice Vinegar  
2 Tablespoons Sweet White Miso Paste  
1 1-Inch Piece Ginger

**Makes:** 2 servings | **Calories:** about 545 per serving  
**Prep Time:** 15 minutes | **Cook Time:** 25–35 minutes

1



### *Cook the quinoa:*

Heat a medium pot of salted water to boiling on high. Thoroughly rinse the **quinoa** under cold water. Once the pot of water is boiling, add the rinsed quinoa and cook, uncovered, 16 to 18 minutes, or until tender. Drain thoroughly.

2



### *Prepare the ingredients:*

While the quinoa cooks, wash and dry the fresh produce. Peel and mince the ginger. Small dice the cucumber. Cut off and discard the stem ends of the peppers; cut into 2-inch pieces on an angle. Large dice the eggplants. Snap off and discard the stem ends of the green beans; cut into 2-inch pieces. Remove and discard the husks and silks of the corn. Cut the corn kernels off the cob; discard the cob.

3



### *Make the dressing & marinate the cucumber:*

While the quinoa continues to cook, in a bowl, combine the **vinegar**, **miso paste** and **half the ginger**. Slowly whisk in **2 tablespoons of olive oil** until well combined; season with salt and pepper to taste. In a separate, medium bowl, combine the **cucumber** and **half the dressing**; toss to coat and season with salt and pepper to taste. Set aside to marinate, stirring occasionally, for at least 10 minutes.

4



### *Cook the peppers:*

While the cucumber marinates, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on high until hot. Add the **peppers** in a single, even layer and cook, stirring once, 2 to 3 minutes, or until browned and slightly softened. Transfer to a plate and season with salt and pepper. Set aside in a warm place. Wipe out the pan.

5



### *Cook the vegetables:*

While the cucumber continues to marinate, in the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **eggplants** and **green beans**; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until lightly browned. Add the **corn** and **remaining ginger**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until the vegetables are browned and slightly softened.

6



### *Finish & plate your dish:*

Add the **cooked quinoa** to the pan of vegetables; season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until thoroughly combined and heated through. Remove from heat and stir in the **remaining dressing**; season with salt and pepper to taste. Divide the finished quinoa and vegetables between 2 dishes. Top with the **cooked peppers** and **marinated cucumber**. Enjoy!