

# Gut-Friendly Recipe: Asparagus and Spring Greens Quinoa Hash with Miso Dressing

**Preparation:** 30 min. Makes four servings.

**Ingredients:**

*Vegetable hash:*

- ½ lb. fresh asparagus (one bundle), cut into ¼ inch round slices
- 1.5 cups quick cooking quinoa or brown rice
- 1 cup fresh or frozen corn
- 4 cups fresh greens, such as kale, spinach, or other spring greens
- 1-2 tbsp of chia seeds, flaxseeds, or hemp seeds (for more fibre)
- 2 tablespoons olive oil
- 1 sweet potato, diced
- 4 eggs

*Miso dressing:*

- ½ cup avocado oil or olive oil
- 2 teaspoons white miso paste
- ¼ cup rice wine vinegar
- 1 teaspoon soy sauce



**Nutritional Facts (per 1 serving):**

Calories: 525 kcal  
Total Fat: 33g  
Saturated Fat: 5g  
Sodium: 327mg  
Dietary Fiber: 9g  
Total Sugars: 9g  
Protein: 15g

**Instructions:**

1. Cook quinoa or rice as per package instructions and drain. Set aside in a large bowl and cover with aluminum foil to keep warm.
2. Add olive oil to a medium pan and sauté diced sweet potato over medium heat for 8-10 minutes, until tender and browned. Add the sweet potato to the large bowl with the quinoa.
3. In the same pan, sauté asparagus in olive oil for 3-5 minutes, then add the corn and heat for another 3-5 minutes.
4. While the asparagus and corn are cooking, whisk dressing ingredients together in a small bowl.
5. Once the asparagus and corn are finished sauteing, add these to the bowl with the sweet potato and quinoa.
6. In the same pan used to sauté the vegetables, crack the eggs into the pan and cook over medium-high heat. Once finished, remove from heat.
7. While the eggs are cooking, add your choice of greens to the large bowl with the quinoa and vegetables. Mix to combine.
8. Now you are ready to serve! Dish a serving of the greens, quinoa, and vegetable mixture onto a plate and add 2 tbsp of dressing. Top with a fried egg, a sprinkle of seeds, and enjoy!
9. Store extra dressing in a separate container in the fridge for up to one week. This dressing can be added to other salads as desired.

*Disclaimer: If you plan on having leftovers of this meal, add the greens to the quinoa mixture as needed to prevent the leaves from wilting.*

This recipe was adapted from the GI Research Foundation (written by Anna Gomberg)  
*Adapted by Sydney Glac, Health Promotion Coordinator*