



MAY
2017

Kale and Quinoa Power-Up Salad

with Red Onion Blossom and Toasted Almonds

This superfood salad has all the elements of a delicious dinner: nutritious greens, high-protein quinoa and almonds, and the star of the show – a floral roasted onion! Have you seen a vegetable as beautiful as this before?



Quinoa



Black Kale



Red Onion



Dried
Cranberries



Almonds



Dijon Mustard



Red Wine
Vinegar



Honey



Vegetable Broth
Concentrate



Feta Cheese

Ingredients

		2 People
Quinoa		1 pkg (170 g)
Black Kale, shaved		1 pkg (113 g)
Red Onion		2
Dried Cranberries		1 pkg (28 g)
Almonds, sliced	1)	1 pkg (28 g)
Dijon Mustard	2) 3)	2 pkg (3 tsp)
Red Wine Vinegar	3)	3 bottles (6 tbsps)
Honey		1 pkg (1 tbsp)
Vegetable Broth Concentrate		1 pkg
Feta Cheese, crumbled	4)	1 pkg (½ cup)
Olive or Canola Oil*		

*Not Included

Allergens

- 1) Tree nuts/Noix
- 2) Mustard/Moutard
- 3) Sulphites/Sulfites
- 4) Milk/Lait

Tools

Baking Sheet, Medium Pot, Measuring Cups, Medium Bowl, Small Bowl, Whisk

Ruler

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Nutrition per person Calories: 703 cal | Fat: 23 g | Protein: 23 g | Carbs: 103 g | Fibre: 11 g | Sodium: 815 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

2



1 Preheat the oven to 425°F (to roast the onion). Start prepping when the oven comes up to temperature!

3



2 Prep and roast the onions: Wash and dry all produce. Peel the **red onions**. Cut a small piece off the bottom of each one to make a flat edge. Laying the flat end on your cutting board, cut the onions, NOT all the way through making sure to leave ½-inch intact at the bottom, into 8 wedges. Place the onions on a lightly oiled baking sheet. Drizzle over **oil** and **½ bottle vinegar** per onion. Season with **salt** and **pepper**. Cover the onions with foil and bake in the centre of the oven, until the onions are tender and start to open up, 25-28 min. (It won't open up completely until you take it out of the oven.)

6



3 Toast the almonds: Meanwhile, heat a medium pot over medium heat. Add the **almonds** to the dry pot. Cook, stirring often, until golden and toasted, 3-4 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a plate.

4 Cook the quinoa: In the same pot, bring **1½ cup salted water** and **broth concentrate** to a boil. Add the **quinoa** to the boiling water. Reduce the heat to medium-low. Cook, covered, until quinoa is tender and all the water has been absorbed, 12-15 min.

5 Make the dressing: Meanwhile, in a medium bowl, whisk the **mustard**, **honey**, **remaining vinegar** and a drizzle of **oil**. Season with **salt** and **pepper**. Reserve **2 tbsp dressing** in a small bowl.

6 Assemble the salad: Fluff the **quinoa** with a fork then transfer to the bowl with the **dressing**. Add the **kale**, **cranberries**, **feta** and **almonds**. Toss together. Season with **salt** and **pepper**.

7 Finish and serve: Divide the **salad** between plates and top with the **onion blossom**. Drizzle with the **reserved dressing**. Enjoy!

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