

## 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?



Prep 30 min



Veggie



Quinoa



Black Kale



Red Onion





Almonds



Dijon Mustard



Red Wine Vinegar



Honey Vegetable Broth *C*oncentrate



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 tbsp)
Honey		1 pkg (1 tbsp)
Vegetable Broth Concentrate		1 pkg
Feta Cheese, crumbled	4)	1 pkg (½ cup)
Olive or Canola Oil*		

*Not	Included
4.11	

## Allergens

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

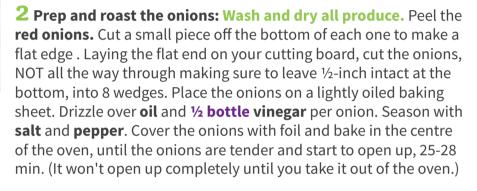
## Tools

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

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.



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





**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!