



MAPLE-MUSTARD KALE SALAD

with Carrot, Apple and Hemp Hearts

VEGGIE



HELLO

HEMP HEARTS

A super seed that's healthy and also harvested in Canada

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 655



Kale, shredded



Quinoa



Carrot, julienned



Gala Apple



Maple Syrup



Dijon Mustard



Apple Cider Vinegar



Hemp Hearts



Walnuts, chopped

BUST OUT

- Small Pot
- Large Pan
- Measuring Cups
- Whisk
- Colander
- Salt and Pepper
- Large Bowl
- Olive or Canola oil

INGREDIENTS

2-person

- Kale, shredded **1 pkg** (113 g)
- Quinoa **1 pkg** (170 g)
- Carrot, julienned **1 pkg** (170 g)
- Gala Apple **1**
- Maple Syrup **1 pkg** (2 tbsp)
- Dijon Mustard **6,9** **1 pkg** (1 1/2 tsp)
- Apple Cider Vinegar **9** **1 pkg** (3 tbsp)
- Hemp Hearts **1 pkg** (25 g)
- Walnuts, chopped **5** **1 pkg** (28 g)

ALLERGENS

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

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

START STRONG

This meal can be made in advance and refrigerated. Letting the kale sit in the dressing for longer will make it even tastier.



1 PREP KALE

In a small pot, bring **1 1/2 cups salted water** to a boil. **Wash and dry all produce.** Use hot tap water to wash the **kale** in a colander, then squeeze out the water. (**TIP:** Squeezing will also tenderize the kale at the same time!)



2 PREP APPLE

Cut the **apple** in half, remove the core, then thinly slice. (**TIP:** A melon baller works great to remove the seeds and core.)



3 COOK QUINOA

Add the **quinoa** to the boiling water. Reduce heat to medium-low. Cook, covered, until the quinoa is tender and all the water has been absorbed, 12-15 min.



4 TOAST WALNUTS

Heat a large pan over medium heat. Add the **walnuts** to the dry pan. Cook, stirring often, until golden-brown and toasted, 3-4 min. Set aside on a plate. (**TIP:** Keep your eye on them so they don't burn!)



5 MAKE SALAD

Meanwhile, in a large bowl, whisk together the **maple syrup, mustard, vinegar** and a large drizzle of **oil**. Reserve **half the dressing** in another large bowl. Add the **kale, carrot** and **apple** into the first bowl. Season with **salt** and **pepper**.



6 FINISH AND SERVE

Fluff the **quinoa** with a fork and add to the **reserved dressing** in the second bowl. Toss together. Divide the **kale mixture** and quinoa between plates. Sprinkle with **walnuts** and **hemp hearts**.

GOOD EATS!

This hearty salad eats like a meal.