



Kale, Lentil and Quinoa Super Salad

with Chipotle Sweet Potatoes

Veggie

Optional Spice

35 Minutes



Lentils, canned



Kale, chopped



White Quinoa



Sweet Potato



Granny Smith Apple



Maple Syrup



Lemon



Pecans



Chipotle Powder



Dijon Mustard

HELLO PECANS

These nuts are delicious, nutritious and versatile!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Heat Guide for Step 1:

- Mild: ¼ tsp
- Medium: ¼ tsp
- Spicy: ½ tsp
- Extra-spicy: 1 tsp

Bust Out

Baking sheet, measuring spoons, strainer, medium pot, parchment paper, small bowl, measuring cups, whisk, vegetable peeler, large bowl

Ingredients

	2 Person	4 Person
Lentils, canned	398 ml	796 ml
Kale, chopped	113 g	227 g
White Quinoa	½ cup	1 cup
Sweet Potato	340 g	680 g
Granny Smith Apple	1	2
Maple Syrup	2 tbsp	4 tbsp
Lemon	1	2
Pecans	28 g	56 g
Chipotle Powder 🌶️	1 tsp	1 tsp
Dijon Mustard	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

Share your photos #HelloFreshLife
Call or email us | (855) 272-7002
hello@hellofresh.ca
HelloFresh.ca

1



Roast sweet potatoes

Peel, then cut **sweet potatoes** into ½-inch cubes. Add **sweet potatoes**, **1 tbsp oil** (dbl for 4 ppl) and **½ tsp chipotle powder** to a parchment-lined baking sheet. (**NOTE:** Reference Heat Guide.) Season with **salt** and **pepper**, then toss to coat. Roast in the **middle** of the oven, flipping halfway through cooking, until golden-brown and tender, 22-23 min.

4



Prep

While **quinoa** cooks, rinse and drain **lentils**. Core and cut **apple** into ½-inch cubes. Juice **lemon**. Add **kale** and **½ tbsp oil** (dbl for 4 ppl) to a large bowl. Season with **salt**. Using your hands, massage **kale** until it turns dark green, 1 min. Set aside.

2



Toast pecans

While **sweet potatoes** roast, heat a medium pot over medium heat. When hot, add **pecans** to the dry pot. Toast, stirring often, until golden-brown, 4-5 min. (**TIP:** Keep our eye on them so they don't burn!) Transfer to a plate.

5



Assemble salad

Whisk together **lemon juice**, **Dijon**, **maple syrup** and **2 tbsp oil** (dbl for 4 ppl) in a small bowl. Set aside. Add **apples** and **roasted sweet potatoes** to bowl with **kale**. Season with **salt** and **pepper**, then toss to combine.

3



Cook quinoa

Add **1 ¼ cups water** (dbl for 4 ppl) and **quinoa** to the same pot. Cover and bring to a boil over high heat. Once boiling, reduce heat to medium-low. Cover and cook, until **quinoa** is tender and **liquid** is absorbed, 15-18 min. Remove from heat.

6



Finish and serve

Fluff **quinoa** with a fork, then season with **salt**. Stir in **lentils**. Add **quinoa-lentil mixture** to the bowl with **kale mixture**. Toss to combine. Divide **super salad** between bowls. Sprinkle with **pecans**, then spoon **dressing** over top.

Dinner Solved!