



Maple Quinoa and Kale Super Salad

with Spiced Sweet Potatoes

Veggie

35 Minutes



Kale, chopped



White Quinoa



Sweet Potato



Granny Smith Apple



Maple Syrup



Lemon



Pecans



Southwest Spice Blend



Dijon Mustard



Dried Cranberries

HELLO QUINOA

Often mistaken for a grain, this seed is packed with protein, fibre and minerals!

Start here

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

Bust out

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

Ingredients

	2 Person	4 Person
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
Southwest Spice Blend	1 tbsp	2 tbsp
Dijon Mustard	1 tbsp	2 tbsp
Dried Cranberries	¼ cup	½ cup
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.

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Roast sweet potatoes

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



Prep

While **quinoa** cooks, core, then cut **apple** into ½-inch pieces. Juice **lemon**. Add **kale** and **½ tbsp oil** (dbl for 4 ppl) to a large bowl. Season with **salt**. Using your hands, massage **oil** into **kale** for 30 sec to soften **leaves**.



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 your eye on them so they don't burn!) Transfer to a plate.



Assemble salad

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



Cook quinoa

Add **1 cup water**, **⅛ tsp salt** (dbl both for 4 ppl), **quinoa** and **remaining Southwest Spice Blend** to the same pot (from step 2). 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 and let stand, still covered, for 5 min.



Finish and serve

Roughly chop **pecans**. Fluff **quinoa** with a fork, then season with **salt**. Add **quinoa** and **half the dressing** to the large bowl with **salad**. Toss to combine. Divide **quinoa** and **kale super salad** between bowls. Drizzle **remaining dressing** over top. Sprinkle with **pecans**.

Dinner Solved!