



FEB
2017

Mediterranean Quinoa Bowl

with Kale Chips, Olives and Goat Cheese

Quinoa bowls are a delicious way to enjoy this protein-rich seed! This bowl packs major Mediterranean flavour with briny olives, tomatoes and fresh parsley. A crunchy topping of homemade kale chips adds a special twist to this easy weeknight recipe.

 prep
30 min

 level 1

 veggie



Black Kale



Quinoa



Garlic



Mixed Olives



Goat Cheese



Grape Tomatoes



Red Wine
Vinegar



Parsley



Vegetable Broth
Concentrate

Ingredients

| | 2 People | 4 People |
|-----------------------------|----------------------|-------------------|
| Black Kale, chopped | 1 pkg (113 g) | 2 pkg (227 g) |
| Quinoa | 1 pkg (113 g) | 2 pkg (227 g) |
| Garlic | 1 pkg (10 g) | 2 pkg (20 g) |
| Mixed Olives | 2) 1 pkg (28 g) | 2 pkg (56 g) |
| Goat Cheese, crumbled | 1) 1 pkg (½ cup) | 2 pkg (1 cup) |
| Grape Tomatoes | 1 pkg (255 g) | 2 pkg (510 g) |
| Red Wine Vinegar | 2) ½ bottle (1 tbsp) | 1 bottle (2 tbsp) |
| Parsley | 1 pkg (14 g) | 1 pkg (14 g) |
| Vegetable Broth Concentrate | 1 pkg | 2 pkg |
| Olive or Canola Oil* | | |

*Not Included

Allergens

- 1) Milk/Lait
- 2) Sulphites/Sulfites

Tools

Measuring Cups, Small Pot, Baking Sheet, Large Pan, Measuring Spoons

Nutrition per person Calories: 439 cal | Fat: 17 g | Protein: 16g | Carbs: 56 g | Fibre: 6 g | Sodium: 567 mg

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

Ruler

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2



1 Preheat your oven to 400°F (to bake the kale). Start prepping when your oven comes up to temperature!

2 Prep: Bring **1 cup water** (double for 4 people) and the **broth concentrate(s)** to a boil in a small pot. **Wash and dry all produce.** Halve the **tomatoes**. Mince or grate the **garlic**. Roughly chop the **parsley** and **half of the kale**. Slice the **olives**.

4



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

4 Make the kale chips: Meanwhile, toss the **large kale pieces** with a drizzle of **oil** on a baking sheet. Season with **salt**. Bake until crispy and slightly browned, 5-7 min. (**TIP:** Keep your eyes on the kale so it doesn't burn!)

5



5 Cook the veggies: Heat a large pan over medium heat. Add a drizzle of **oil**, then the **chopped kale, garlic** and **tomatoes**. Cook, stirring often, until the tomatoes soften, 4-6 min.

6 Add a drizzle of **oil, quinoa** and **1 tbsp vinegar** (1 bottle for 4 people) to the pan and stir to combine. Season with **salt** and **pepper**.

6



7 Finish and serve: Divide the **quinoa bowl** between plates and top with the **parsley, goat cheese, olives, and kale chips**. Enjoy!

NUTRITION TIP: Tomatoes are high in an antioxidant called lycopene. This carotenoid has proved to be beneficial in preventing certain types of cancer!

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