



Cooking Made Easy

hellofresh.com | hello@hellofresh.com

JUN 2015 Share your masterpiece! Tag your photos with #HelloFreshPics and share on You'll be entered into our weekly photo contest!

Shaved Vegetable Salad over Red Quinoa

with Tarragon Crema & Candied Pistachios



Anise-scented tarragon crema and candied pistachios make this quinoa salad truly extraordinary. Marinating carrot ribbons and fennel in lemon juice transforms them into entirely new ingredients—you'll be shocked by how greatly their flavor changes. Red quinoa's vibrant color makes a gorgeous addition to this show-stopping dish.

35 min

level 2

gluten free

veggie



Rainbow Carrots



Fennel



Red Wine Vinegar



Tarragon



Pistachios



Red Quinoa



Lemon



Sour Cream

Ingredients

	2 People	4 People
Rainbow Carrots	1 bunch	2 bunches
Fennel	1 bulb	2 bulbs
Red Quinoa	¾ C	1 ½ C
Pistachios	1) 1 oz	2 oz
Red Wine Vinegar	1 T	2 T
Lemon	1	2
Tarragon	1 sprig	2 sprigs
Sour Cream	2) 4 T	8 T
Sugar*	1 T	2 T
Olive Oil*	1 T	2 T

*Not Included

Allergens

- 1) Nuts
- 2) Milk

Tools

Small Pot, Small Non-Stick Pan, Peeler, Medium Bowl, Small Bowl

Ruler

0 in ¼ in ½ in ¾ in 1 in

Nutrition per person Calories: 609 cal | Carbs: 90 g | Fat: 23 g | Protein: 19 g | Fiber: 13 g



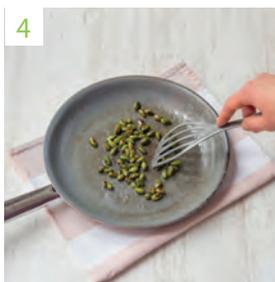
2 **1 Cook the quinoa:** bring 1 ½ cups **water**, the **red quinoa**, and a large pinch of **salt** to a boil in a small pot. Once boiling, cover and reduce to a simmer for 15 minutes, until tender.

2 Chop the **tarragon leaves** and discard the stems. Halve and juice the **lemon**. Using a vegetable peeler, peel the **carrots**, then shave into ribbons, rotating as necessary. Trim, quarter, and core the **fennel bulb**, then slice as thinly as possible.



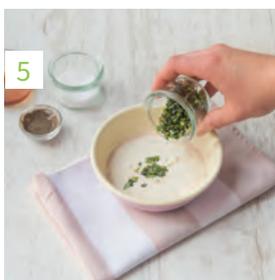
3 **3 Make the shaved vegetable salad:** place both the **fennel** and **carrots** in a medium bowl and toss with 1 tablespoon **olive oil** and the **lemon juice**. Season with **salt** and **pepper**.

4 **4 Candy the pistachios:** heat a small non-stick pan over medium heat. Add the **pistachios** and cook, tossing, for 2-3 minutes, until toasted and fragrant. Add 1 tablespoon **water** and 1 tablespoon **sugar** to the pan, swirling continuously, until pistachios are coated with a syrupy glaze. Remove from pan and season with **salt**. **HINT:** Watch the pan carefully! Sugar can burn quickly.



5 **5 Make the tarragon crema:** in a small bowl, combine the **sour cream**, 1 tablespoon **red wine vinegar**, and **tarragon**. Season with **salt** and **pepper**.

6 Plate the **quinoa** and top with the **carrots** and **fennel**. Dollop with the **tarragon crema** and sprinkle with **candied pistachios**. Enjoy!



Tip You can use the same method used here to candy any of your favorite nuts! Try them in your morning oatmeal, sprinkled on salads for lunch, or even over ice cream!