



# WARM VEGAN ARUGULA & GRAIN BOWLS

with Grape Tomatoes, Cashews & Sherry Vinaigrette

## INGREDIENTS

2 PERSON | 4 PERSON



2 | 4

Scallions



1 | 2

Mini Cucumber



4 oz | 8 oz

Grape Tomatoes



5 tsp | 10 tsp

Sherry Vinegar



4 tsp | 8 tsp

Dijon Mustard



1 | 2

Red Pepper Jam



1 | 2

Microwavable  
Grain Blend  
Contains: Wheat



2 oz | 4 oz

Arugula



1 oz | 2 oz

Cashews

Contains: Tree Nuts



✓ READY, SET,  
LUNCH!



ANY ISSUES WITH  
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GET HELP!

TOTAL TIME: 15 MIN | CALORIES: 520



### BUST OUT

- Kosher salt
- Large bowl
- Black pepper
- Whisk
- Olive oil (2 TBSP | 4 TBSP)

### THE GRAIN EVENT

This blend is a combination of rice and other wholesome grains like bulgur and barley. Massaging the pouch before microwaving helps separate the grains inside for even, thorough heating.

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### INSTRUCTIONS

- **Wash and dry produce.**
- Trim and thinly slice **scallions**. Trim and quarter **cucumber** lengthwise; thinly slice into quarter-moons. Halve **tomatoes**.
- In a large bowl, whisk together **vinegar**, **mustard**, **red pepper jam**, **2 TBSP olive oil** (4 TBSP for 4 servings), **salt**, and **pepper** until combined.
- To bowl with **dressing**, add **scallions**, **cucumber**, and **tomatoes**; toss until evenly coated.
- Massage **grain blend** in package; partially open top. Microwave until warmed through, 1½-2 minutes. Transfer to bowl with **veggies** and toss until evenly coated.
- Add **arugula** and **cashews**; toss until well combined. Taste and season with **salt** and **pepper** if desired.
- Divide **salad** between bowls and serve.