



MAY  
2016

## Mediterranean Quinoa Bowl

with Kale Chips, Olives, and Feta

Quinoa bowls are a delicious way to enjoy this protein-rich seed - you can toss in any of your favorite mix-ins! This bowl packs major Mediterranean flavor with briny olives, tomatoes, salty feta, and fresh parsley. A crunchy topping of homemade kale chips adds a special twist to this easy weeknight recipe.



Prep: 10 min  
Total: 25 min



level 1



veggie



gluten  
free



Kale



Quinoa



Garlic



Mixed Olives



Feta Cheese



Grape Tomatoes



Red Wine  
Vinegar



Pine Nuts



Parsley



Vegetable Stock  
Concentrate

## Ingredients

	2 People	4 People
Kale	4 oz	8 oz
Quinoa	¾ Cup	1 ½ Cups
Garlic	2 Cloves	4 Cloves
Mixed Olives	1 oz	2 oz
Feta Cheese	1) ½ Cup	1 Cup
Grape Tomatoes	4 oz	8 oz
Red Wine Vinegar	1 T	2 T
Pine Nuts	2) 1 oz	2 oz
Parsley	¼ oz	½ oz
Vegetable Stock Concentrate	1	2
Olive Oil*	4 t	8 t

\*Not Included

## Allergens

- 1) Milk
- 2) Tree Nuts

## Tools

Small pot, Baking sheet, Large pan

Ruler

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**Nutrition per person** Calories: 549 cal | Fat: 26 g | Sat. Fat: 4 g | Protein: 18 g | Carbs: 62 g | Sugar: 8 g | Sodium: 570 mg | Fiber: 8 g



**1 Cook the quinoa:** Preheat the oven to 400 degrees. In a small pot, bring **1½ cups water** and the **stock concentrate** to a boil. Add the **quinoa**, cover, and reduce to a simmer over medium-low heat for 15 minutes. Set aside.

**2 Make the kale chips:** **Wash and dry all produce.** Meanwhile, remove and discard the **kale ribs** and **stems**. Tear **half the kale** into large bite-sized pieces. Spread in a single layer onto a baking sheet. Toss with a drizzle of **olive oil** and season with **salt** and **pepper**. Bake for 5-7 minutes, until crispy and slightly browned. **Tip:** Be careful not to let them burn!

**3 Prep the remaining ingredients:** Halve the **tomatoes**. Thinly slice the **olives**. Mince or grate the **garlic**. Roughly chop the **parsley leaves** and the remaining **kale**.

**4 Cook the veggies:** Heat a drizzle of **olive oil** in a large pan over medium heat. Add the raw **kale** and cook, tossing for 2-3 minutes or until softened. Add the **garlic**, **tomatoes**, and **pine nuts** to the pan and cook, tossing for another 2-3 minutes.

**5 Toss:** Add **1 Tablespoon red wine vinegar** to the pan and stir to combine. Stir in the **parsley**, cooked **quinoa**, and a large drizzle of **olive oil**. Season to taste with **salt** and **pepper**.

**6 Finish:** Divide the **mediterranean quinoa bowl** between plates and top with the **feta cheese**, **olives**, and **kale chips**. Enjoy!

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