



Cooking Made Easy

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Honey-Roasted Squash over Warm Mushroom & Quinoa Salad



Roasting with a touch of honey helps caramelize this creamy acorn squash. The sweetness from the squash and golden raisins pair perfectly with salty feta and nutty quinoa in this hearty grain salad.



35 min



level 2



gluten free



veggie



Acorn Squash



Button Mushrooms



Quinoa



Scallions



Feta Crumbles



Thyme



Golden Raisins



Honey



Stock Concentrate



White Wine Vinegar

Ingredients	2 People	4 People
Acorn Squash	1	2
Quinoa	½ C	1 C
Button Mushrooms	4 oz	8 oz
Scallions	2	4
Golden Raisins	1 oz	2 oz
Thyme	1 sprig	2 sprigs
Feta Crumbles	1) ¼ C	½ C
Stock Concentrate	1	2
Honey	1 T	2 T
White Wine Vinegar	1 T	2 T
Olive Oil*	3 T	6 T

*Not Included

Allergens

1) Milk

Tools

Pot, Pan, Strainer
Baking Sheet

Ruler

0 in ¼ in ½ in ¾ in 1 in

Nutrition per person Calories: 484 cal | Carbs: 69g | Fat: 19g | Protein: 16g | Fiber: 9g



1 Preheat oven to 400 degrees. Halve the **squash**, scoop out the seeds, and cut into 1-inch slices. Strip the **thyme leaves** off the sprig. Drizzle with **half the honey**, 1 tablespoon **olive oil**, a pinch of **salt** and **pepper** and sprinkle with **thyme**. Place on a baking sheet and roast for 20-25 minutes, until tender and caramelized.



2 Thinly slice the **scallions**, keeping white and green parts separate. Slice the **mushrooms**.



3 Heat 1 cup **water** in a pot with the **stock concentrate** and a pinch of **salt**. Once boiling, add the **quinoa** and simmer for 15 minutes. Drain any excess liquid, return the pot, and cover.

4 Meanwhile, heat 1 tablespoon **olive oil** in a pan over medium heat. Add the **scallion whites** and cook for 2 minutes. Add the **mushrooms** and season with **salt** and **pepper**. Cook for 5 minutes, until mushrooms are soft and browned.



5 In a bowl, combine 1 tablespoon **olive oil**, **vinegar** and **remaining honey**. Season with **salt** and **pepper**. Toss in the **mushroom mixture**, **raisins**, and **quinoa**. Taste and season with **salt** and **pepper**.

6 Serve the **quinoa-mushroom mixture** with the **roasted squash** on top. Sprinkle with **feta crumbles** and **scallion greens**.