



Cooking Made Easy

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Mediterranean Quinoa Bowl

with Crispy Kale Chips & 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.

- 30 min
- level 1
- veggie
- gluten free



Kale



Quinoa



Mixed Olives



Feta Cheese



Sliced Almonds



Stock Concentrate



Garlic



Grape Tomatoes



Parsley



Red Wine Vinegar

Ingredients	2 People	4 People
Kale	1 bunch	2 bunches
Quinoa	¾ C	1 ½ C
Mixed Olives	1 oz	2 oz
Feta	1) ¼ C	½ C
Grape Tomatoes	1 bunch	2 bunches
Red Wine Vinegar	1 T	2 T
Garlic	2 cloves	4 cloves
Sliced Almonds	2) 1 oz	2 oz
Parsley	1 bunch	2 bunches
Stock Concentrate	1	2
Olive Oil*	2 T	4 T

*Not included

Allergens

- 1) Milk
- 2) Nuts

Tools

- Small Pot, Baking Sheet, Medium Pan

Ruler
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Nutrition per person Calories: 618 cal | Carbs: 59 g | Fat: 33 g | Protein: 22 g | Fiber: 10 g



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



2 Meanwhile, remove and discard the stems from **kale**. Tear **half the kale leaves** into bite-sized pieces and spread in a single layer on a baking sheet. Toss with ½ tablespoon **olive oil** and season with **salt** and **pepper**. Bake for 5-7 minutes, until crispy and slightly browned. Be careful not to let them burn!

3 While the kale bakes, halve the **tomatoes** and **olives**. Mince or grate the **garlic**. Finely chop the **parsley**. Thinly slice **remaining kale**. Don't forget to check on the kale chips!



4 Heat ½ tablespoon **olive oil** in a medium pan over medium heat. Add the **sliced kale** and cook, tossing, 2-3 minutes or until softened. Add the **garlic, tomatoes, and almonds** to the pan and cook, tossing, another 2-3 minutes.

5 Add 1 tablespoon **red wine vinegar** to the pan and stir to combine. Stir in the **parsley, olives, quinoa**, and 1 tablespoon **olive oil**. Season with **salt** and **pepper**.

6 Divide the **quinoa salad** between bowls and top with **feta** and the **crispy kale chips**. Enjoy!



Tip Have any extra kale lying around? Kale chips are a great healthy snack to keep around, and you can season them with just about any spices you like!