



More than Food

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Crispy Sunchoke & Quinoa Salad

with Kale Sprouts, Dried Cherries, and Mint

Sunchokes, also known as Jerusalem artichokes, are a nutty, slightly sweet tuber that comes from the root of wild sunflowers. When thinly sliced and roasted, they become delightfully crispy. We're upping your kale salad game even further with kale sprouts—a delicious hybrid of kale and Brussels sprouts!



30 min



level 2



veggie



gluten free



nut free



Sunchokes



White Quinoa



Kale Sprouts



Feta



Scallions



Fresh Mint



Dried Cherries



White Wine Vinegar

Ingredients

| | 2 People | 4 People |
|--------------------|----------|----------|
| Sunchokes | 6 oz | 12 oz |
| White Quinoa | ¾ C | 1½ C |
| Kale Sprouts | 6 oz | 12 oz |
| Feta | 2 oz | 4 oz |
| Scallions | 2 | 4 |
| Fresh Mint | ¼ oz | ½ oz |
| Dried Cherries | 1 oz | 2 oz |
| White Wine Vinegar | ½ T | 1 T |
| Olive Oil* | 2½ T | 5 T |

*Not Included

Allergens

1) Dairy

Tools

Small Pot,
Baking Sheet,
Large Pan, Large Bowl

Ruler

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Nutrition per person Calories: 703 cal | Carbs: 97 g | Fat: 29 g | Protein: 22 g | Fiber: 9 g | Sodium: 376 mg



1 Preheat the oven to 400 degrees. In a small pot, bring **1½ cups water** and a large pinch of **salt** to a boil. Thinly slice the **sunchokes** into rounds. Toss the sunchokes on a baking sheet with **1 Tablespoon olive oil** and a pinch of **salt** and **pepper**. Place in the oven for 15-20 minutes, flipping halfway through, until golden brown and crispy.



2 Meanwhile, add the **quinoa** to the boiling water, cover, and reduce to a simmer for 15 minutes until tender.

3 Separate the **kale leaves** from the sprout bunches. Thinly slice the **scallions**, keeping the greens and whites separate. Chop the **mint leaves**.



4 Heat **1 teaspoon olive oil** in a large pan over medium heat. Add the **kale leaves** and cook, tossing, for 3-4 minutes until tender. Add a splash of water if necessary.

5 When the **quinoa** is ready, toss it in a large bowl with the **scallion whites**, **mint**, **kale**, **cherries**, **feta**, **½ Tablespoon white wine vinegar**, and **1 Tablespoon olive oil**. Season with **salt** and **pepper**.



6 Plate the **quinoa salad** and surround it with the **crispy sunchokes**. Garnish with the **scallion greens** and enjoy!