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Crispy Sunchoke and Quinoa Salad

with Kale 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 salad game even further with this seasonal veggie!



White Quinoa



Sunchokes



Dried Cranberries



Kale



Mint



Feta Cheese



Scallions



White Wine
Vinegar

Ingredients

	2 People	4 People
White Quinoa	¾ c	1 ½ c
Sunchokes	6 oz	12 oz
Dried Cranberries	1 oz	2 oz
Kale	4 oz	8 oz
Mint	¼ oz	½ oz
Feta Cheese	1) ¼ c	½ c
Scallions	2	4
White Wine Vinegar	½ T	1 T
Olive Oil*	1 T + 2 t	2 T + 4 t

*Not Included

Allergens

1) Milk

Tools

Small Pot, Baking Sheet, Large Pan, Large Bowl

Ruler

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Nutrition per person Calories: 535 cal | Fat: 17 g | Sat. Fat: 3 g | Protein: 16 g | Carbs: 84 g | Sugar: 23 g | Sodium: 195 mg | Fiber: 10 g

Make sure to wash and dry produce before prepping or cooking!

1



1 Roast the sunchokes: Preheat the oven to 400 degrees. In a small pot, bring **1 ½ cups water** and a large pinch of **salt** to a boil. Thinly slice the **sunchokes** into rounds. Toss on a baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Place in the oven for 15-20 minutes, until golden brown.

3



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

3 Prep the greens: Remove and discard the **kale ribs** and **stems** and thinly slice the **leaves**. Thinly slice the **scallions**, keeping the greens and whites separate. Chop the **mint** leaves.

4



4 Cook the kale: Heat a drizzle of **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 Assemble the quinoa salad: When the **quinoa** is ready, toss it in a large bowl with the **scallion whites**, **mint**, **kale**, **feta**, ½ **Tablespoon white wine vinegar**, and **1 Tablespoon olive oil**. Season with **salt** and **pepper**.

5



6 Finish: Plate the **quinoa salad** and surround with the **crispy sunchokes**. Garnish with the **scallion greens** and **dried cranberries** and enjoy!