



AUG
2016

Crispy Sunchoke & Quinoa Salad

with Purple Kale, 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 gorgeous gem-hued purple kale!



Prep
30 min



level 2



veggie



gluten
free



Sunchokes



Quinoa



Purple Kale



Feta



Green Onions



Fresh Mint



Dried
Cherries



White Wine
Vinegar

Ingredients

	2 People	4 People
Sunchokes	1 pkg (170 g)	2 pkg (340 g)
Quinoa	1 pkg (¾ cup)	2 pkg (1½ cups)
Purple Kale, chopped	1 pkg (170 g)	2 pkg (340 g)
Feta	1) 1 pkg (56 g)	2 pkg (113 g)
Green Onions	2	4
Mint	1 pkg (7 g)	2 pkg (14 g)
Dried Cherries	1 pkg (28 g)	2 pkg (56 g)
White Wine Vinegar	2) ½ bottle (1 tbsp)	1 bottle (2 tbsp)
Olive or Canola Oil*		

*Not Included

Allergens

- 1) Milk/Lait
- 2) Sulphites/Sulfites

Tools

Small Pot, Measuring Cups, Baking Sheet, Large Pan, Large Bowl

Ruler

0 in ¼ in ½ in ¾ in 1 in

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

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



1 Preheat your oven to 400°F. Start prepping when your oven comes up to temperature!

2 Prep and roast the sunchokes: Wash, then thinly slice the sunchokes into ¼-inch rounds. Toss the sunchokes on a baking sheet with a drizzle of oil and a pinch of salt. Roast in the centre of the oven, flipping halfway through, until golden-brown and crispy, 15-20 minutes.



3 Cook the quinoa: Meanwhile, in a small pot, bring 1½ cups salted water (double for 4 people) to a boil. Add the quinoa to the boiling water. Reduce heat to medium-low. Cook, covered, until quinoa is tender and all the water has been absorbed, 12-15 minutes.

4 Meanwhile, wash and dry all remaining produce. Thinly slice the green onions, keeping the greens and whites separate. Chop the mint leaves.



5 Cook the kale: Heat a large pan over medium heat. Add a drizzle of oil, then kale leaves. Cook, stirring occasionally, until kale is tender, 3-4 minutes. (TIP: Add a tiny splash of water to help it wilt!)

6 Coarsely crumble the feta into a large bowl. Add the cooked quinoa, green onion whites, mint, kale, cherries, feta, vinegar (DO: measure out), and a drizzle of oil. Toss to combine. Season with salt and pepper.



7 Finish and serve: Plate the quinoa salad and top it with the crispy sunchokes. Garnish with the green onion greens and enjoy!

Share your masterpiece! Tag your photos with #HelloFreshLife and share on [f](#) [t](#) [@](#)

HelloFresh.ca | hello@hellofresh.ca