



SEP  
2016

## Fig and Quinoa Salad with Arugula, Mint, and Feta

Calling this a “salad” doesn’t do it justice. From the protein-packed quinoa, fiber-rich figs, and heart-healthy arugula, this dish packs a serious nutritional (and flavor) punch. It’s one of our go-to vegetarian meals, and we’ve got a feeling you’ll love it just as much as we do.



**Prep:** 10 min  
**Total:** 25 min



level 1



gluten  
free



veggie



Red  
Quinoa



Vegetable Stock  
Concentrate



Shallot



Mint



Almonds



Dried  
Figs



Honey



Arugula



Feta  
Cheese



Sherry  
Vinegar

## Ingredients

|                             | 2 People | 4 People |
|-----------------------------|----------|----------|
| Red Quinoa                  | ¾ Cup    | 1½ Cups  |
| Vegetable Stock Concentrate | 1        | 2        |
| Shallot                     | 1        | 1        |
| Mint                        | ½ oz     | ½ oz     |
| Almonds 1)                  | 1 oz     | 2 oz     |
| Dried Figs                  | 3 oz     | 6 oz     |
| Sherry Vinegar              | 2 T      | 4 T      |
| Honey                       | 1 t      | 2 t      |
| Arugula                     | 2 oz     | 4 oz     |
| Feta Cheese 2)              | ¼ Cup    | ½ Cup    |
| Olive Oil*                  | 2 T      | 4 T      |

\*Not Included

## Allergens

1) Tree Nuts

2) Milk

## Tools

Small pot, 2 Large bowls, Whisk

**Nutrition per person** Calories: 637 cal | Fat: 25 g | Sat. Fat: 4 g | Protein: 18 g | Carbs: 87 g | Sugar: 38 g | Sodium: 358 mg | Fiber: 13 g

2



**1 Cook the quinoa:** In a small pot, bring **1½ cups water**, the **stock concentrate**, and a large pinch of **salt** to a boil. Once boiling, add the **quinoa**. Cover and reduce to a low simmer for 20 minutes, until tender.

3



**2 Prep: Wash and dry all produce.** Meanwhile, halve, peel, and mince the **shallot**. Pick the **mint leaves** from the stems and thinly slice them, reserving a few for garnish. Coarsely chop the **almonds**. Thinly slice the **figs**.

**3 Make the vinaigrette:** In a large bowl, combine the **shallot**, **sherry vinegar**, **1 teaspoon honey**, and a large pinch of **salt** and **pepper**. Whisk in about **2 Tablespoons olive oil**.

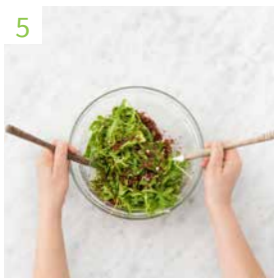
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**4 Cool the quinoa:** Once the **quinoa** is done, transfer to a large bowl or baking sheet. Place in the freezer 3-5 minutes to cool slightly.

**5 Toss the salad:** Toss the cooled **quinoa** into the **vinaigrette** along with the **almonds**, **mint** and **arugula**. Taste and season with **salt** and **pepper**.

5



**6 Serve:** Divide the **quinoa salad** between plates. Top with the **figs**, **feta cheese**, and reserved **mint leaves**. Enjoy!

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