



# MEDITERRANEAN QUINOA BOWL

with Crispy Kale Chips and Goat Cheese



## HELLO TOMATOES

Tomatoes are packed full of antioxidants that are linked to many health benefits

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 490



Black Kale, sliced



White Quinoa



Garlic



Mixed Olives



Goat Cheese



Grape Tomatoes



Red Wine Vinegar



Parsley



Vegetable Broth Concentrate



Almonds, sliced

## BUST OUT

- Medium Pot
- Measuring Spoons
- Measuring Cups
- Large Bowl
- Garlic Press
- Salt and Pepper
- Baking Sheet
- Olive or Canola oil
- Large Non-Stick Pan

## INGREDIENTS

2-person

- Black Kale, sliced 113 g
- White Quinoa ½ cup
- Garlic 10 g
- Mixed Olives 9 30 g
- Goat Cheese 2 28 g
- Grape Tomatoes 227 g
- Red Wine Vinegar 9 1 tbsp
- Parsley 10 g
- Vegetable Broth Concentrate 1
- Almonds, sliced 5 28 g

## ALLERGENS | ALLERGÈNES

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

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

\*Laver et sécher tous les aliments.



## START STRONG

Preheat your oven to **400°F** (to bake the kale). Start prepping when your oven comes up to temperature!



**1 PREP** Wash and dry all produce.\* In a medium pot, bring **1 cup water** and the **broth concentrate** to a boil. Halve the **tomatoes**. Mince or grate the **garlic**. Roughly chop the **parsley**. Roughly chop **half the kale**. Slice the **olives**.



**4 TOAST ALMONDS** Meanwhile, heat a large non-stick pan over medium heat. Add the **almonds** to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a plate and set aside.



**2 COOK QUINOA** Add the **quinoa** to the boiling water. Reduce heat to medium-low. Cover and cook, until the quinoa is tender and all the water has been absorbed, 12-15 min.



**5 ASSEMBLE SALAD** Add a drizzle of **oil** to the same pan, then the **chopped kale, garlic** and **tomatoes**. Cook, stirring often, until the tomatoes soften, 4-6 min. When the **quinoa** is done, transfer it to a large bowl, along with the **tomato mixture, parsley, olives, almonds, 1 tbsp vinegar** and **1 tbsp oil**. Toss together and season with **salt** and **pepper**.



**3 MAKE KALE CHIPS** Meanwhile, on a baking sheet, toss the **large kale pieces** with a drizzle of **oil**. Season with **salt**. Bake in the centre of the oven, stirring halfway through cooking, until crispy and slightly golden-brown, 12-13 min. (**TIP:** Keep your eyes on the kale so it doesn't burn!)



**6 FINISH AND SERVE** Divide the **quinoa mixture** between plates. Sprinkle with the **goat cheese** and crumble over the **kale chips**.

## CRUNCH!

Season kale chips with sesame seeds and chili for a more flavourful crunch!