

Kale and Squash Quinoa Bowl

with Pomegranate Seeds

hellóchef

This fusion salad bowl is nutty, zingy and brilliantly nutritious.

Cals 644 • Prot 17 • Carbs 97 • Fat 27

Vegan

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🕒 cook: 45 min

R2704



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Salad	2 ppl	3 ppl	4 ppl	
Miso paste 9*	20	30	40	Grams
Vegetable oil	1	2	2	Tbsp
Salt	0.5	0.5	1	Tsp
Chilli flakes	2	2	2	Grams
Butternut squash	600	900	1200	Grams
Cherry tomatoes	150	250	300	Grams
Hazelnuts 2*	40	60	80	Grams
Kale	100	150	200	Grams
Pomegranate	1	1	2	Piece
Dressing				
Fresh chives	15	15	15	Grams
Lime	1	2	2	Piece
Sesame oil 3*, 9*	15	22	30	ML
Olive oil	1	2	2	Tbsp
Brown sugar	5	5	10	Grams
Soy sauce 9*, 10*, 11*	20	30	40	ML
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	1	1	Tsp
Quinoa				
Mixed quinoa	100	150	200	Grams
Water	200	300	400	ML
Salt	0.5	1	1	Tsp

Allergens

***9 Soya, *2 Tree Nuts, *3 Sesame Seeds, *10 Wheat, *11 Gluten**

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2692 / 644
Fat (g)	26.5
of which saturates (g)	3.2
Carbohydrate (g)	97
of which sugars (g)	28.4
Fiber (g)	16.6
Protein (g)	17.3
Salt (g)	3.1

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Boil quinoa

Preheat the oven to 200°C/180°C fan. Place the **quinoa** in a bowl, cover with warm water and rinse well. Drain in a fine sieve. Add the **measured water** to a saucepan and bring it to a boil over a high heat. Once boiling, add the **quinoa** and **salt**. Reduce the heat to medium-low, cover with a lid and simmer for 15 min or until the liquid is fully absorbed and the **quinoa** is tender.



4 Prep salad

Halve the **cherry tomatoes**. Roughly chop the **hazelnuts**. Strip the **kale** from its stem and chop it roughly. Halve the **pomegranate**, hold each half over a large bowl, seeds facing down. Hit the skin with a wooden spoon, squeezing to release the seeds. Discard the shell and membrane.



2 Roast squash

In a bowl, combine the **miso paste**, **vegetable oil**, **salt** and **chilli flakes (spicy!)**. Peel the **butternut squash**, slice it in half and, using a spoon, remove the seeds. Chop the **squash** into bite-size pieces. Place the **squash** on a large baking tray, drizzle with the **miso-chilli oil** and toss until coated. Roast for 30 min or until golden and crisp.



5 Serve

Place the drained **quinoa**, roasted **squash**, **hazelnuts**, **kale** and **pomegranate seeds** in a bowl with the **dressing**. Give everything a good mix up. Divide among plates and top with the halved **cherry tomatoes**.



3 Prep dressing

Meanwhile, finely chop the **chives**. Juice the **limes** into a bowl or jar. Add the **chives**, **sesame oil**, **olive oil**, **brown sugar**, **soy sauce**, **salt** and **pepper** and whisk or shake until fully combined – this is your **dressing**.

Tip! Firmly roll the lime on the work surface before slicing it. This will help release more of its juices.