



NUTRITION *per serving* 62g carbohydrates 16g fat 14g protein 1163mg sodium | low-calorie, vegetarian, gluten-free, soy-free, shellfish-free

 Calories
427

 Prep & Cook Time
25-35 min.

 Cook Within
7 days

 Difficulty
Easy

 Spice Level
Not Spicy

IN YOUR BOX

- ½ cup Tri-Color Quinoa
- 2 oz. Dried Apricots
- 2 Garlic Cloves
- 1 Lemon
- 4 Parsley Sprigs
- ½ oz. Light Brown Sugar
- 1 oz. Walnut Halves
- ½ fl. oz. Champagne Vinegar
- 2 oz. Baby Arugula
- 3 oz. Shredded Red Cabbage
- 1 oz. Blue Cheese

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Medium Pot
- Mixing Bowl
- Small Non-Stick Pan
- Small Bowl

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HOME CHEF

Blue Cheese, Quinoa, and Arugula Salad

with candied walnuts and dried apricots

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Thoroughly rinse produce and pat dry

WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- **Heads up!** **Parsley** is used twice. Half is used in **vinaigrette** and remaining garnishes dish.
- Some can't get enough **garlic**, and others prefer a lighter touch. Use to taste when making **vinaigrette**.

FROM THE CHEF

Be careful when making candied walnuts, as caramelized sugar is very hot and sticky.

Did you know...

Quinoa, pronounced "KEEN-wah", is a deliciously nutty, edible seed that's gluten free and very nutritious. It's so nutritious and easy to digest that NASA is considering it as a crop to grow in space for extended space flights.



1

Cook Quinoa and Prepare Ingredients

Bring a medium pot with **quinoa** and 1 cup **water** to a boil. Reduce to a simmer, cover, and cook until tender, 14-16 minutes. While quinoa cooks, coarsely chop **dried apricots**. Mince **garlic**. Zest **lemon**, halve, and juice. Stem and coarsely chop **parsley**.



2

Season and Chill the Quinoa

Transfer cooked **quinoa** to a large mixing bowl and season with ½ tsp. **salt** and ¼ tsp. **pepper**. Refrigerate until assembling salad.



3

Make the Candied Walnuts

Add **brown sugar**, 1 Tbsp. **water**, and **walnuts** to a small non-stick pan over medium-high heat. Cook, stirring constantly, until walnuts are coated in a sticky glaze, 3-5 minutes. *Sugar will melt and caramelize walnuts. As soon as walnuts are coated in a dark brown glaze, transfer to a plate immediately to prevent burning.*



4

Make the Vinaigrette

Whisk **garlic** (to taste), 1 Tbsp. **lemon juice**, **Champagne vinegar**, **half the parsley** (reserve remaining for garnish), 2 Tbsp. **olive oil**, ½ tsp. **salt**, and a pinch of **pepper** in a small bowl.



5

Assemble the Salad

Add **dressing**, **baby arugula**, and **red cabbage** to bowl with **quinoa** and toss to combine.



6

Plate the Dish

Place **salad** on a plate. Garnish with **candied walnuts**, **apricots**, **blue cheese**, remaining **parsley**, and **lemon zest**.