



HOME CHEF

Quinoa and Roasted Apple Salad

With Fennel, Goat Cheese, and Cinnamon Toasted Walnuts



This superfood meal is so packed with flavor that “salad” hardly seems like the appropriate term. Nutrient-rich quinoa and spinach join forces with a sherry-shallot vinaigrette like edible Wonder Twins. When sweet roasted apples, fennel, and tangy goat cheese join in the fun, suddenly it’s like you’re enjoying the Super Friends of dinner time. Enough references to campy 1970s cartoons—tuck into this salad and you’ll soon be feeling like your own superhero.

OVERVIEW



TIME TO PREPARE



EASY RECIPE



DAYS BEST COOKED BY

NUTRITION

Calories: 537
Carbohydrates: 58g
Fat: 43g
Protein: 11g
Sodium: 116mg
per serving

DIETARY



LOW CALORIE



GLUTEN-FREE



SOY-FREE

DRINK PAIRING

A powerful flavor like fennel needs a powerful drink pairing. We recommend a glass of a crisp Sauvignon Blanc, which complements the sweetness in this dish.

INGREDIENTS

3 oz. Quinoa
1 Red Delicious Apple
1 Fennel Bulb
1 ½ oz. Radishes
1 Shallot
2 oz. Walnuts
½ tsp. Ground Cinnamon
2 Tbsp. Sherry Vinegar
4 oz. Spinach
1 oz. Goat Cheese Crumbles

WHAT YOU NEED

Olive Oil
Salt
Pepper
Cooking Spray

EQUIPMENT

Small Pot
Baking Sheet
Small Pan
Mixing Bowl

DID YOU KNOW?

Quinoa has been cultivated in South America for well over 3,000 years, but has only been grown in the United States since the early 1980s.

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Cook the Quinoa

Preheat oven to 425 degrees. Bring a small pot with 1 ¼ cups **water** to a boil over high heat. Once boiling, add **quinoa** and season lightly with **salt**. Return to boil, reduce heat to medium-low, and cover. Cook until water has absorbed and quinoa is tender, about 12-15 minutes. *Quinoa is done when the grains have “sprouted” (looks like it has popped open).* Set aside, uncovered, to cool.

Prepare the Ingredients

Prepare a baking sheet with foil and **cooking spray**. Thoroughly rinse produce and pat dry. Core **apple** and cut into 8 wedges. Trim top and bottom of **fennel bulb**, quarter lengthwise, remove tough core from each slice, and slice into thin sheets lengthwise. Trim and slice **radishes** into thin rounds. Peel and mince **shallot**.

Roast the Apples

Add **apple wedges**, 2 tsp. **olive oil**, and a pinch of **salt and pepper** to prepared baking sheet and toss to coat evenly. Place in oven 7-10 minutes, or until apples are lightly golden brown and slightly tender. Set aside.

Toast the Walnuts

While apples and quinoa are cooking, place a small pan over medium heat and add **walnuts** and 1 tsp. **olive oil** to hot pan. Toast walnuts while stirring frequently for 4-5 minutes. Toss with **cinnamon** and remove to a plate to cool.

Assemble the Salad

Toss **shallots**, **vinegar**, 1 Tbsp. **olive oil**, and **salt and pepper** (to taste) in a large mixing bowl. Add **quinoa**, **apple**, **radish**, and **fennel**. Toss to combine. Stir in **spinach**.

Plate the Dish

Arrange **salad** on two plates and garnish with **walnuts** and **goat cheese**.