



NUTRITION *per serving* 99g carbohydrates 13g fat 18g protein 664mg sodium | low-calorie, vegetarian, gluten-free, dairy-free



Calories
559



Prep & Cook Time
35-45 min.



Cook Within
7 days



Difficulty
Easy



Spice Level
Medium

IN YOUR BOX

12 oz. Butternut Squash, Cubed
¾ Cup Tri Color Quinoa
4 oz. Kale
1 Red Fresno Chile
1 Shallot
2 Garlic Cloves
3 Tbsp. Light Brown Sugar
2 Tbsp. Soy Sauce—Gluten-Free
2 Tbsp. Apple Cider Vinegar
½ oz. Sliced Almonds

IN YOUR KITCHEN

Olive Oil
Salt
Pepper
Cooking Spray
Baking Sheet
Small Pot
Large Pan

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HOME CHEF

Glazed Squash and Quinoa Bowl

with sautéed kale and shallots

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **425 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray

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!** **Fresno chile** is used twice in this recipe. **Minced chiles** are added to **glaze** and **sliced rounds** are used to garnish dish.
- **Spice Alert!** **Fresno chile** adds heat comparable to a fresh jalapeño. Use to taste or omit from recipe to suit your spice preference. Be sure to wash hands and cutting board after prepping.

FROM THE CHEF

If you don't have a large pan, use a medium pan and cook kale in batches if necessary.

Did you know...

Quinoa is often referred to as a *superfood* because not only is it low in calories and fat, but it's also a complete protein, providing all the body's essential amino acids.



Roast the Butternut Squash

Place **butternut squash** on prepared baking sheet, drizzle with 2 tsp. **olive oil**, season with ½ tsp. **salt** and ¼ tsp. **pepper**, and toss to coat. Spread into a single layer and roast 20-25 minutes, or until squash is tender and lightly browned. Remove from oven and set aside.



Cook the Shallots and Kale

Place a large pan over medium heat. Add 2 tsp. **olive oil** and **shallots** to hot pan. Cook 3-4 minutes, stirring occasionally, or until tender. Add **kale** and 2 Tbsp. **water** and cook 3-4 minutes, or until kale is wilted. Season with ¼ tsp. **salt**, remove to plate, and set aside. Wipe pan clean.



Cook the Quinoa

Bring a small pot with **quinoa**, 1 ½ cups **water**, and ½ tsp. **salt** to a boil over medium-high heat. Cover, reduce heat to low, and cook 15-18 minutes, or until all liquid has been absorbed. Rest, covered, 5 minutes, then fluff grains with a fork. Set aside.



Make the Glaze

Place pan from cooking kale over medium-high heat. Add **garlic**, minced **Fresno chile** (to taste—it's spicy!), **brown sugar**, **soy sauce**, **apple cider vinegar**, and ¼ cup **water**. Bring to a boil and reduce by half until a syrup forms, 3-4 minutes. Remove from burner, add **butternut squash**, and toss to coat.



Prepare the Ingredients

Stem **kale** and coarsely chop. Slice thin rounds from pointed half of **Fresno chile**. *Discard seeds if you prefer less spice.* Stem and mince other half of Fresno chile. Peel and halve **shallot**. Slice thinly. Mince **garlic**.



Plate the Dish

Place **quinoa** in a bowl and top with **kale** and **butternut squash**. Drizzle any extra **glaze** over entire dish. Garnish with **Fresno chile rounds** (to taste) and **almonds**.