



In your box

- 2 Garlic Cloves
- 4 oz. Kale
- 8 oz. Red Beet
- 1 fl. oz. Seasoned Rice Vinegar
- 8 oz. Butternut Squash, Cubed
- ¾ cup Quinoa
- 2 tsp. Vegetable Base
- 2 tsp. Sugar
- 1 oz. Pecans
- 1 oz. Goat Cheese

CONTAINS milk, tree nuts (pecans)



Butternut and Beet Quinoa Bowl

with candied pecans

NUTRITION per serving—Calories: 645, Carbohydrates: 81g, Fat: 31g, Protein: 17g, Sodium: 1310mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
35-45 min.

Cook Within
7 days

Difficulty Level ● ● ○
Intermediate

Spice Level ○ ○ ○ ○
Not Spicy

🕒 You will need

Olive Oil, Salt, Pepper, Cooking Spray

Baking Sheet, Mixing Bowl, Medium Pot, Medium Non-Stick Pan

👑 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 **450 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray



1

Prepare the Ingredients

- Mince **garlic**.
- Stem **kale** and coarsely chop.
- Trim ends off **beet**, peel, and cut into ¾" dice. *Beets can stain; be sure to wash hands and cutting board after preparing.*
- In a mixing bowl, make vinaigrette by combining **vinegar**, garlic (to taste), 2 tsp. **olive oil**, and a pinch of **salt** and **pepper**.



2

Roast the Vegetables

- Place **beet** on prepared baking sheet and toss with ½ Tbsp. **olive oil** and a pinch of **salt** and **pepper**. Spread into a single layer on one side and roast 10 minutes.
- After beet has roasted, carefully place **butternut squash** on empty half of baking sheet. Toss with ½ Tbsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**.
- Spread butternut squash into a single layer on its side and roast until vegetables are tender, 20-25 minutes.
- While vegetables roast, cook quinoa.



3

Cook the Quinoa

- Bring a medium pot with **quinoa**, ½ cup **water**, and **vegetable base** to a boil. Reduce to a simmer, cover, and cook until tender, 18-20 minutes.
- Remove from burner and set aside.
- While quinoa cooks, candy pecans.



4

Candy the Pecans

- Place a medium non-stick pan over medium heat. Add 2 Tbsp. **water** and **sugar** to hot pan. Cook until dissolved, 30-60 seconds.
- Add **pecans** and stir constantly until sugar glazes nuts, 2-4 minutes.
- Immediately remove to a plate.
- Wipe pan clean and reserve.



5

Cook Kale and Finish Dish

- Return pan used candy nuts to medium-high heat and add 1 tsp. **olive oil**. Add **kale** and a pinch of **salt** and **pepper** to hot pan. Stir occasionally until wilted, 2-3 minutes.
- Add **quinoa** to pan and toss until combined, 1 minute.
- Plate dish as pictured on front of card, garnishing with **pecans** and **goat cheese**, and drizzling **vinaigrette** over entire bowl. Bon appétit!