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

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)
**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

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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, 1½ 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!