

DINNERLY



Super-Charged Supper Bowls with Crispy Kale

 20-30 minutes  2 Servings

Eat a rainbow with every forkful. Crunchy veggies and toasted sunflower seeds with a lemony balsamic dressing create a tasty bowl of goodness.

WHAT WE SEND

- 150g white quinoa
- 1 carrot
- 1 beetroot
- 40g sunflower seeds
- 1 lemon
- 200g kale

WHAT YOU NEED

- balsamic vinegar ¹⁷
- eggs ³
- Australian honey
- olive oil
- salt and pepper
- water

TOOLS

- baking paper
- oven tray
- sieve
- small saucepan
- small saucepan with lid

Our veggies come straight from the farm, so please wash them before cooking.

COOKING TIP

Make fast work of grating beetroot and carrot with a food processor with a grater attachment.

ALLERGENS

Egg (3), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 700kcal, Fat 36.6g, Carbs 59.1g, Proteins 24.7g



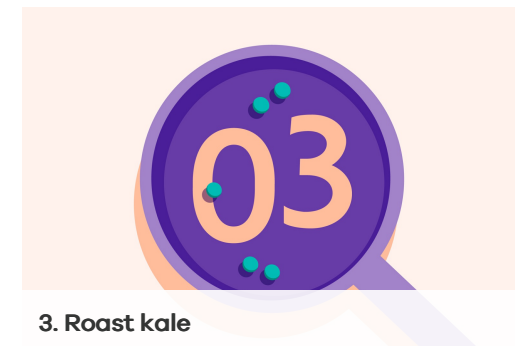
1. Cook quinoa

Preheat the oven to 220C. Line an oven tray with baking paper. Rinse the **quinoa** well in a sieve. Put in a small saucepan with **250ml (1 cup) water** and bring the boil. Cover with a lid, reduce the heat to low and cook for 12 mins or until the water has absorbed and the quinoa is tender. Turn off heat and allow to stand, covered, for 5 mins.



2. Prep veggies and dressing

Peel and grate the **carrot** and **beetroot** (see cooking tip). Finely grate the zest and squeeze the juice of the **lemon** into a bowl. Stir in **1½ tbs olive oil**, **3 tsp balsamic vinegar** and **1 tsp honey** and season with **salt and pepper**.



3. Roast kale

Remove the centre stems from the **kale**, then roughly chop the leaves. Put the kale on the tray, drizzle with **2 tsp olive oil**, season with **salt and pepper** and toss to coat. Add the **sunflower seeds** and roast for 5-6 mins until the kale is slightly wilted and crispy in parts and the seeds are toasted.



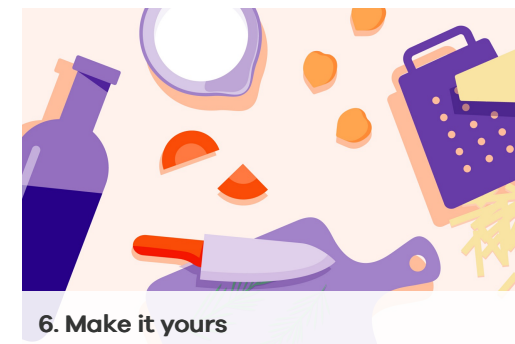
4. Soft-boil eggs

Meanwhile, put **2 eggs** in a small saucepan of cold water. Bring to the boil, then reduce the heat to medium-low and cook for 6 mins for soft-boiled. Remove the eggs, cool in cold water, then peel and slice.



5. Serve up

Put the **quinoa** and **half the dressing** in a large bowl, season with **salt and pepper** and stir well to combine, then divide among bowls. Top with the **carrot**, **beetroot**, **crispy kale**, **toasted seeds** and **egg** in mounds. Drizzle over the **remaining dressing** to serve.



6. Make it yours

Supper bowls can be made up of all types of super-powered ingredients, so add any of your favourite veggies, sprouts, nuts or seeds to this dish.