

# DINNERLY



## Super-Charged Supper Bowls with Crispy Kale



20-30 minutes



4 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

- 300g white quinoa
- 2 beetroots
- 3 carrots
- 2 lemons
- 80g sunflower seeds
- 400g kale

## WHAT YOU NEED

- balsamic vinegar <sup>17</sup>
- eggs <sup>3</sup>
- Australian honey
- olive oil
- salt and pepper
- water

## TOOLS

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

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

## COOKING TIP

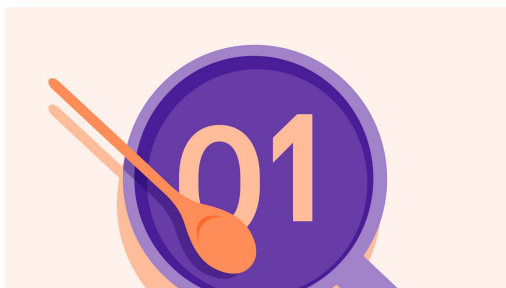
Make fast work of grating beetroot and carrot with a food processor with a grater attachment.

## ALLERGENS

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

## NUTRITION PER SERVING

Energy 695kcal, Fat 35.7g, Carbs 60.8g, Proteins 23.6g



### 1. Cook quinoa

Preheat the oven to 220C. Line 2 oven trays with baking paper. Rinse the **quinoa** well in a sieve. Put in a medium saucepan with **500ml (2 cups) 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.



### 4. Soft-boil eggs

Meanwhile, put **3 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.



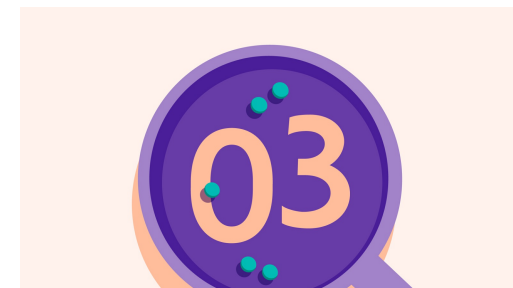
### 2. Prep veggies and dressing

Peel and grate the **carrots** and **beetroot** (see cooking tip). Finely grate the zest and squeeze the juice of the **lemons** into a bowl. Stir in **60ml (¼ cup) olive oil**, **1½ tbs balsamic vinegar** and **2 tsp honey** and season with **salt and pepper**.



### 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.



### 3. Roast kale

Remove the centre stems from the **kale**, then roughly chop leaves. Put the kale on one lined tray, drizzle with **1 tbs olive oil**, season with **salt and pepper** and toss to coat. Add the **sunflower seeds** on the remaining lined tray. Roast, with the kale on an upper shelf, for 5-6 mins until kale is slightly wilted and crispy in parts and seeds are toasted.



### 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.