



SEP
2016

Fig and Quinoa Salad with Arugula, Mint, and Feta

Calling this a “salad” doesn’t do it justice. From the protein-packed quinoa, fiber-rich figs, and heart-healthy arugula, this dish packs a serious nutritional (and flavor) punch. It’s one of our go-to vegetarian meals, and we’ve got a feeling you’ll love it just as much as we do.



Prep: 10 min
Total: 25 min



level 1



gluten
free



veggie



Red
Quinoa



Vegetable Stock
Concentrate



Shallot



Mint



Almonds



Dried
Figs



Honey



Arugula



Feta
Cheese



Sherry
Vinegar

Ingredients

	2 People	4 People
Red Quinoa	¾ Cup	1½ Cups
Vegetable Stock Concentrate	1	2
Shallot	1	1
Mint	½ oz	½ oz
Almonds 1)	1 oz	2 oz
Dried Figs	3 oz	6 oz
Sherry Vinegar	2 T	4 T
Honey	1 t	2 t
Arugula	2 oz	4 oz
Feta Cheese 2)	¼ Cup	½ Cup
Olive Oil*	2 T	4 T

*Not Included

Allergens

1) Tree Nuts

2) Milk

Tools

Small pot, 2 Large bowls, Whisk

Nutrition per person Calories: 637 cal | Fat: 25 g | Sat. Fat: 4 g | Protein: 18 g | Carbs: 87 g | Sugar: 38 g | Sodium: 358 mg | Fiber: 13 g

2



1 Cook the quinoa: In a small pot, bring **1½ cups water**, the **stock concentrate**, and a large pinch of **salt** to a boil. Once boiling, add the **quinoa**. Cover and reduce to a low simmer for 20 minutes, until tender.

3



2 Prep: Wash and dry all produce. Meanwhile, halve, peel, and mince the **shallot**. Pick the **mint leaves** from the stems and thinly slice them, reserving a few for garnish. Coarsely chop the **almonds**. Thinly slice the **figs**.

3 Make the vinaigrette: In a large bowl, combine the **shallot**, **sherry vinegar**, **1 teaspoon honey**, and a large pinch of **salt** and **pepper**. Whisk in about **2 Tablespoons olive oil**.

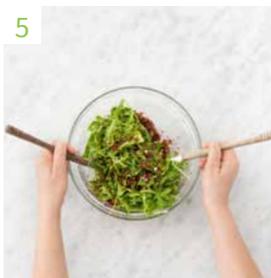
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4 Cool the quinoa: Once the **quinoa** is done, transfer to a large bowl or baking sheet. Place in the freezer 3-5 minutes to cool slightly.

5 Toss the salad: Toss the cooled **quinoa** into the **vinaigrette** along with the **almonds**, **mint** and **arugula**. Taste and season with **salt** and **pepper**.

5



6 Serve: Divide the **quinoa salad** between plates. Top with the **figs**, **feta cheese**, and reserved **mint leaves**. Enjoy!

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