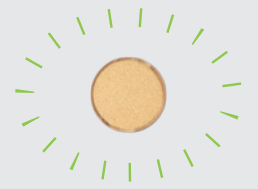




MUSHROOM QUINOA BALSAMIC BOWL

with Fetta



Cook quinoa in stock for extra flavour



Button Mushrooms



Red Onion



Garlic



Thyme



Quinoa



Walnuts



Vegetable Stock



Fetta Cheese



Baby Spinach Leaves

Pantry Staples



Balsamic Vinegar



Brown Sugar



Olive Oil



Water

Hands-on: 20 mins
Ready in: 30 mins

Quinoa is so delicious and quite easy to knock up – it just needs to be given the right flavours to bring it alive. The key is plenty of seasoning, a lovely sharp fetta and some extra nuttiness from walnuts. Perfection!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **kettle**, **chef's knife**, **chopping board**, **garlic crusher**, **sieve**, **large frying pan**, **wooden spoon** and a **small saucepan**.



1 GET PREPPED

Put a full kettle of water on to boil. Finely slice the **button mushrooms**. Finely chop the **red onion**. Peel and crush the **garlic**. Pick the **thyme** leaves. Rinse the **quinoa** well. **TIP:** Rinsing quinoa removes its bitter flavour.



2 TOAST THE WALNUTS

Heat a large frying pan over a medium-high heat and add the **walnuts**. Toast, stirring, for **3-4 minutes**, or until golden. Remove from the pan and set aside.



3 COOK THE VEGGIES

Heat a **drizzle of olive oil** in the same large frying pan over a medium-high heat. Add the **mushrooms** and cook for **3 minutes** on one side, then turn and cook for a further **2 minutes**, or until browned. **TIP:** Cooking the mushrooms for 3 minutes without stirring allows them to brown. Add the **red onion** and cook for **5 minutes**, or until slightly softened. Add the **garlic** and **thyme** and cook for **1 minute**, or until fragrant.



4 COOK THE QUINOA

Add the **quinoa** and **boiling water** from the kettle (**check the ingredients list for amount**) to the pan with the mushrooms. Crumble in the **vegetable stock** and mix well. Bring to the boil, then reduce the heat to medium and simmer for **8-10 minutes**, or until the quinoa is tender, has a slight bite, and all the liquid has been absorbed. Season to taste with a **pinch of salt** and **pepper** and crumble in the **fetta cheese**.



5 MAKE THE BALSAMIC GLAZE (OPTIONAL)

While the quinoa is cooking, heat the **balsamic vinegar** and **brown sugar** in a small saucepan. Bring to the boil, then reduce the heat to low and simmer for **4-5 minutes**, or until reduced and thickened. **TIP:** Stand back! Balsamic vinegar gives off a strong vapour when heated.



6 SERVE UP

Divide the mushroom quinoa between bowls and top with **baby spinach leaves**, walnuts and a **drizzle of the balsamic glaze** and **olive oil**.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
button mushrooms	1 punnet	2 punnets
red onion	1	1
garlic 🌱	1 clove	2 cloves
thyme 🌱	1 bunch	2 bunches
quinoa	1 packet (½ cup)	2 packets (1 cup)
walnuts	1 packet (¼ cup)	2 packets (½ cup)
boiling water*	1 ½ cups	3 cups
vegetable stock	1 cube	2 cubes
fetta cheese	1 block (50 g)	2 blocks (100 g)
balsamic vinegar*	¼ cup	½ cup
brown sugar*	2 tsp	1 tbs
baby spinach leaves	1 bag	2 bags

*Pantry Items | 🌱 This ingredient can be found in your herb bag

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2110kJ (505Cal)	433kJ (103Cal)
Protein (g)	20.1g	4.1g
Fat, total (g)	29.7g	6.1g
- saturated (g)	6.5g	1.3g
Carbohydrate (g)	47.8g	9.8g
- sugars (g)	8.6g	1.8g
Sodium (g)	721mg	148mg

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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