



JERNEJ KITCHEN

KALE QUINOA SALAD WITH SWEET POTATO

Kale Quinoa Salad with Sweet Potato is a vegan side or main dish perfect for cold days. This recipe goes from pantry to table in only 35 minutes.

SERVES	4	MAINS OR 6 SIDES
PREPARATION:	10	MINUTES
COOK:	15	MINUTES
BAKE:	15	MINUTES
TOTAL TIME:	35	MINUTES

SALAD

200 g (1 cup) quinoa
500 ml (2 cups) water
1/2 tsp salt
900 g (2 pounds) sweet potato
2 tbsp olive oil (for potato)
1/2 tsp thyme
150 g (4 cups) kale
1 grapefruit, cut into segments
1/2 red onion

DRESSING

2 tbsp maple syrup
3 tbsp olive oil
1 garlic clove
3 tsp lemon juice, freshly squeezed

TOOLS AND EQUIPEMENT

sieve
saucepan
large baking sheet
parchment paper
pot

PREPARATION

Arrange the rack in the middle of the oven, then preheat the fan-assisted oven to 210 °C / 410 °F or the conventional oven to 220 °C / 430 °F. Line a baking sheet with parchment paper.

QUINOA

Add quinoa to a fine-mash sieve and rinse under running water. Transfer to a saucepan and add water and salt. Place over medium heat, bring to a boil, then cover with a lid and simmer for 12 - 15 minutes.

SWEET POTATO

Peel the sweet potato and cut it into 2 cm x 2 cm (1-inch x 1-inch) cubes. Place on the prepared baking sheet and season with olive oil and thyme. Season with salt and pepper and arrange in a single layer. Place in the preheated oven and roast for 15 - 20 minutes in the fan-assisted oven set to 210 °C / 410 °F or in the conventional oven set to 220 °C / 430 °F or until soft and cooked.

KALE

Pour one liter (4 cups) of water into a pot. Season with salt and bring to a boil over high heat. Add the kale and cook for 30 seconds, then immediately drain and cool under cold running water to stop the cooking process.

DRESSING

Stir together the maple syrup, olive oil, grated garlic, and lemon juice in a small bowl. Season with salt and pepper and set aside until needed.

KALE QUINOA SALAD

Combine the cooked quinoa, baked sweet potato, kale, grapefruit, thinly sliced red onion, and dressing in a large bowl. Toss to combine until all the ingredients are combined. Serve as a side or main dish.