



### GINGER, ALMOND + KALE QUINOA WITH SWEET POTATO

A simple yet tasty meal filled with sweet potato, quinoa and kale. A great meal for when you need a big hit of nutrition.

🕒 15 minutes

🕒 1 hour

🍴 2 portions

## INGREDIENTS

- 250 grams of sweet potato, raw, unprepared
- 1 tbsp of coconut oil or 1 tablespoon of olive oil (14 g)
- 1/4 cup almonds
- 1 onion, finely chopped
- 1 clove of garlic
- 1 tsp of ginger, minced
- 3 kale leaves destemmed and finely chopped
- 1 cup of quinoa, cooked (185 g)
- Juice and zest of 1 lemon
- 1/2 cup chopped of parsley, fresh (30 g)

## COOKING METHOD

- 1° Preheat oven to 220°C / 425°F / Gas Mark 7. Line a baking tray with baking paper.
- 2° Toss sweet potato in half the oil and season with salt. Spread out in a single layer on prepared tray and bake for 25-30 minutes or until tender.
- 3° On a separate baking tray, place almonds and add to oven for 10 minutes until roasted. Coarsely chop.
- 4° In a medium saucepan, heat remaining coconut oil over medium-high heat. Add onion and cook for about 5 minutes or until softened. Add garlic and ginger and cook for 2 minutes or until fragrant. Add kale and cook stirring until wilted. Add quinoa stirring to heat through. Remove from heat. Stir through almonds, zest, juice and parsley. Season with salt and pepper.
- 5° Divide quinoa mix and sweet potato discs between a bowl and a lunch box. Serve with lemon wedges if you like.
- 6° Note Boost this recipe: For some added protein, you can sprinkle this meal with 1/4 cup of crumbled feta or goat's cheese.

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (350 g)	% DRI
ENERGY	120 kcal	421 kcal	21 %
FAT	5 g	18 g	28 %
FATTY ACIDS, TOTAL SATURATED	1 g	4 g	21 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	29 mg	103 mg	4 %
CARBOHYDRATE	16 g	57 g	19 %
SUGARS	3 g	9 g	—
FIBER	3 g	11 g	44 %
PROTEIN	3 g	12 g	—