



# QUINOA KALE BOWLS WITH POACHED EGGS AND MUSHROOMS

FAST. EASY. FRESH.

**1.** In a small pot, combine the **quinoa**, ½ tsp. **sea salt**, and 1 ¼ cups water. Bring to a boil, reduce to a simmer, cover, and cook on low for 12-15 minutes, or until the quinoa is cooked and all the water is absorbed.

**2.** Meanwhile, peel the **onion** and dice it finely. Peel and mince the **garlic**. Peel the **carrots** and cut them into medallions. Cut the **cherry tomatoes** in half, then wash the bunch of **kale**, and pick the leaves off the stems and into bite-sized pieces.

**3.** In a pot, heat 3 Tbsp. **canola oil**, then add the **garlic** and **onions**. Sauté for 2 minutes, then add the **carrots**, **mushrooms**, and **kale**. Cover, and cook for 5-6 minutes, on medium heat. Stir to prevent sticking. Next, add the **cream** and season to taste with **sea salt** and **black pepper**.

**4.** Meanwhile, bring 1 L (4 cups) water and the **white vinegar** to a boil, then carefully add the **eggs** and poach to your liking (about 3-4 minutes).

**5.** To serve, portion the quinoa into bowls, add the kale mushroom mix, and top with the poached eggs. Enjoy!



## Ingredients (2 Person Serving – 716 Calories Per Serving)

Canola Oil	3 Tbsp.	Heavy Cream	¼ Cup
Yellow Onion	1 Small	Quinoa	¾ Cup
Garlic	2 Cloves	White Vinegar	¼ Cup
Carrot	1 Large	Large Eggs	4
Sliced Mushrooms	227 g	Salt and Pepper	To taste
Kale	1 Bunch		
Cherry Tomatoes	20		

**30** Minute Cook Time!