

# DINNERLY



## Quinoa, Chickpea & Kale Bowl:

No Cooking Required!



20-30min



2 Servings

The hunt for a healthy, tasty lunch is a hard one, which is why we're often left picking at a salad that could use more personality. Lucky for us, this quinoa veggie bowl has officially entered the room, and it's got something to say: Hearty chickpeas, crunchy carrots, kale, and a mustard-maple dressing are all you need. And don't be afraid to think outside the lunchbox—it's perfect for dinner too! We've got you covered!



### WHAT WE SEND

- 6 oz tri-color quinoa
- 1 carrot
- 1 bunch curly kale
- 15 oz can chickpeas
- ½ oz pkt whole-grain mustard <sup>17</sup>
- 1 oz pkt maple syrup

### WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- white wine vinegar (or apple cider vinegar) <sup>17</sup>

### TOOLS

- small saucepan

### ALLERGENS

Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### NUTRITION PER SERVING

Calories 750kcal, Fat 38g, Carbs 105g, Proteins 25g



#### 1. Cook quinoa

In a small saucepan, combine **quinoa**, **1½ cups water**, and **1 teaspoon salt**. Bring to a boil over high heat, then reduce heat to low; cover and cook until quinoa is tender and liquid is absorbed, about 15 minutes. Keep covered off heat until ready to serve.



#### 2. Prep ingredients

Scrub and trim **carrot**, then halve lengthwise; thinly slice into half moons (no need to peel).

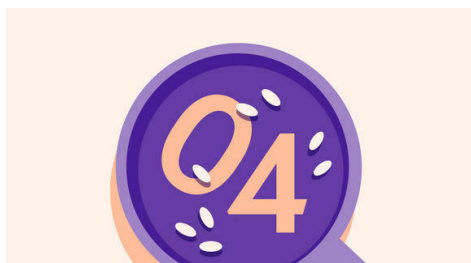
Remove and discard tough center stems from **half of the kale leaves** (save rest for own use), then stack leaves and slice crosswise into thin ribbons.

Drain and rinse **chickpeas**.



#### 3. Make dressing

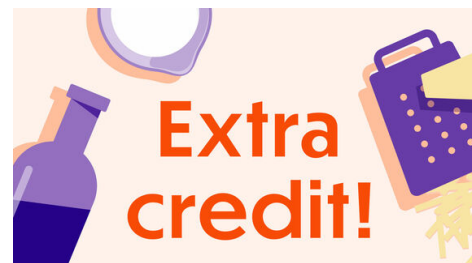
In a large bowl, whisk to combine **mustard**, **maple syrup**, **¼ cup oil** and **2 tablespoons vinegar**; season to taste with **salt** and **pepper**.



#### 4. Finish & serve

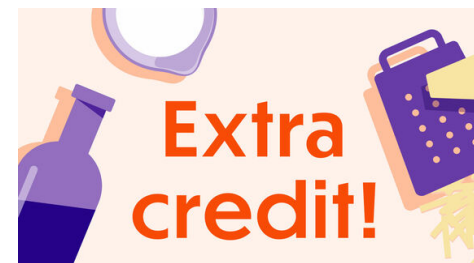
Add **carrots**, **kale**, **chickpeas**, and **quinoa** to bowl with **dressing**, tossing to coat.

Divide **mustard-maple quinoa**, **chickpea** and **kale** among bowls and serve. Enjoy!



#### 5. Eat it later!

Cook quinoa and prepare dressing up to 2 days in advance and store in the fridge in separate containers. Prep kale, carrots, and chickpeas a day in advance and store in the fridge. When ready to serve, toss everything together with the dressing and serve.



#### 6. Crunch, crunch!

Toss in some pepitas, sunflower seeds, slivered almonds, chopped cashews, hemp seeds, or whatever nuts/seeds you have on hand!