



Crispy Chickpea & Quinoa Salad

with Dried Cherries & Feta



20-30min



2 Servings

This hearty meal is part grain bowl, part salad—and 100 percent delicious, thanks to the balance of sweet and savory ingredients. Here we combine protein-packed quinoa with crispy ras al hanout-spiced chickpeas and fresh baby spinach. Toss a slightly sweet homemade vinaigrette, dried cherries, and feta cheese into the mix, and suddenly this dinner feels more like a treat than a healthy salad.

What we send

- 1 oz dried cherries
- 1.7 oz golden balsamic vinegar
- 3 oz tri-color quinoa
- 15 oz can chickpeas
- 1 shallot
- ¼ oz ras el hanout
- 3 oz baby spinach
- 1 cucumber
- 1.4 oz feta cheese ⁷

What you need

- kosher salt & ground pepper
- ¼ c + 1 Tbsp olive oil

Tools

- small saucepan
- rimmed baking sheet

Allergens

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 750kcal, Fat 47g, Carbs 91g, Protein 23g



1. Pickle cherries

Preheat oven to 425°F with a rack in the upper third. Place **cherries** in a small heatproof bowl. Combine **2 tablespoons water** and **1½ tablespoons vinegar** in a small saucepan. Cover and bring to a boil. Pour vinegar mixture over cherries; cover the bowl with plastic wrap and let stand for 5 minutes. Rinse saucepan.



4. Toss chickpeas

Remove baking sheet from oven. Add **cooked quinoa** and **baby spinach** to **chickpeas** and **shallots**. Stir to combine.



2. Cook quinoa

In same saucepan, combine **quinoa**, **¾ cup water**, and **½ teaspoon salt**. Bring to a boil. Cover and cook over low until water is absorbed and quinoa is fluffy, 15-20 minutes. Remove from heat; let stand for 5 minutes. Uncover and fluff with a fork.



5. Make cherry vinaigrette

To the bowl with **cherries**, add **chopped shallots**, **remaining vinegar**, and **¼ cup oil**. Add **half of the vinaigrette** to baking sheet; stir to combine. Season with **½ teaspoon salt** and **¼ teaspoon pepper**.



3. Roast chickpeas

Rinse and drain **chickpeas**. Finely chop **¼ cup shallot**, then thinly slice remaining shallot. On a rimmed baking sheet, toss **chickpeas**, **sliced shallots**, **1 tablespoon oil**, **2 teaspoons ras el hanout**, and **a pinch each of salt and pepper**. Roast in upper third of oven until chickpeas are just crisp, about 15 minutes.



6. Assemble salad & serve

Trim ends from **cucumber**, peel, and finely chop. Spoon **chickpea-quinoa salad** into bowls and top with **half of the remaining vinaigrette**. Crumble **feta** over top, then sprinkle with **cucumbers**. Serve **remaining dressing** on the side for drizzling over. Enjoy!