



Roasted Vegetable Grain Bowl

with Cilantro-Honey Vinaigrette



30-40min



2 Servings

This meal is a harvest celebration in a bowl! A foundation of brown rice is topped with a roasted medley of berbere-spiced butternut squash, red onion, and parsnips. A tangy and bright honey-cilantro vinaigrette ties it all together. For a protein boost – we put an egg on it! Cook, relax, and enjoy!

What we send

- red onion
- cubed butternut squash
- quick-cooking brown rice
- roasted pumpkin seeds
- honey
- fresh cilantro
- champagne vinegar
- berbere spice blend
- parsnips

What you need

- 2 large eggs³
- coarse kosher salt
- freshly ground pepper
- olive oil

Tools

- fine-mesh sieve
- medium saucepan
- rimmed baking sheet

Allergens

Egg (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

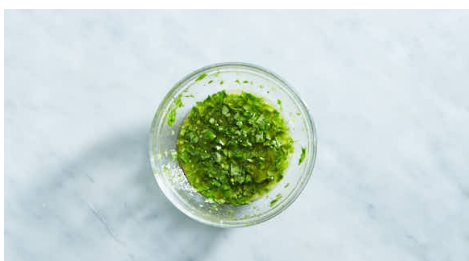
Nutrition per serving

Calories 965kcal, Fat 55g, Carbs 106g, Protein 20g



1. Prep squash & onions

Preheat oven to 450°F with a rack in the center. Bring a medium saucepan of **salted water** to a boil. Cut **squash** into ½-inch pieces, if necessary. Trim ends from **parsnips**, peel, and cut into ½-inch pieces. Trim ends from **onion**, then halve, peel and cut into ¼-inch thick slices.



4. Make vinaigrette

While **rice** cooks, chop **cilantro stems** and **half of the leaves**. Save remaining whole leaves for serving. In a small bowl, whisk **vinegar**, **honey**, **3 tablespoons oil**, and the chopped cilantro, season to taste with **salt** and **pepper**.



2. Roast vegetables

On a rimmed baking sheet, toss **squash**, **parsnips**, and **onions** with **2 tablespoons oil**, at least **½ teaspoon of the berbere spice blend** (or more depending on heat preference), **¼ teaspoon salt**, and **a few grinds pepper**. Roast on center oven rack until tender, 20–25 minutes.



5. Fry eggs

Heat **1 tablespoon oil** in a medium nonstick skillet over high. Crack **2 large eggs** into skillet (be careful to avoid splattering), and season with **salt** and **pepper**. Cook until edges are light brown and crispy and whites are just set, about 1 minute. Cover pan and cook 1 minute more; edges should be very crispy and yolks still runny.



3. Cook rice

Add **rice** to boiling water. Cook, uncovered (like pasta!), over high heat until tender, about 20 minutes. Drain well. Return to saucepan and cover to keep warm.



6. Finish & serve

Toss **roasted vegetables** with **2 tablespoons vinaigrette** on the baking sheet; season to taste with **salt** and **pepper**. Serve **rice** topped with **veggies**, and drizzle remaining vinaigrette all over. Top with an **egg** and sprinkle **pumpkin seeds** and **remaining whole cilantro leaves** all over. Enjoy!