

DINNERLY



NO ADDED GLUTEN

FAST

Asparagus & Tomato Quinoa Bowl with Feta & Garlic-Dill Chickpeas



20-30min



2 Servings

One of our favorite ways to Dinnerly is making a whole lot of tasty things, making them tastier with fresh herbs and creamy cheese, then tossing them together bowl-style. This is clean-eating in terms of the mighty grain quinoa balanced with plenty of protein and veggies. But, it's up to you to walk away from the table without a dribble of vinaigrette running down your shirt... We've got you co...

WHAT WE SEND

- ½ lb asparagus
- 1 plum tomato
- 10 oz ready to heat quinoa-kale blend
- 2 oz feta ⁷
- 15 oz can chickpeas
- ¼ oz fresh dill

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- red wine vinegar

TOOLS

- fine-mesh sieve
- rimmed baking sheet
- saucepan

ALLERGENS

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

NUTRITION PER SERVING

Calories 830kcal, Fat 46g, Carbs 86g, Protein 26g



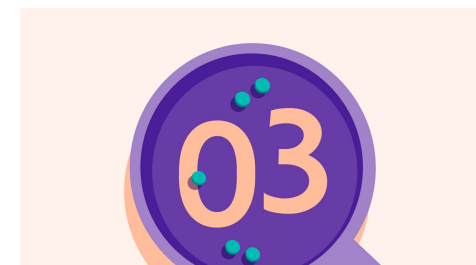
1. Cook quinoa

Transfer quinoa-kale blend to a microwave-safe bowl. Partially cover with a microwave-safe lid and microwave on high until warm, 2–3 minutes. (Alternatively, heat 1 teaspoon oil in a small pot over medium; add quinoa-kale blend and 1 tablespoon water to pot. Cook, stirring occasionally, until warm, 3–5 minutes.)



2. Prep ingredients

Preheat broiler with top rack 6 inches from heat source. Trim and discard 2 inches from ends of **asparagus**, then cut crosswise into thirds. Core **tomato**, then halve lengthwise and thinly slice crosswise into half-moons. Rinse and drain **chickpeas**. Pick **dill fronds** from stems, then finely chop, discarding stems. Crumble **feta**.



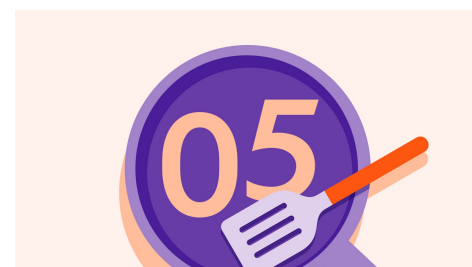
3. Marinate tomatoes

In a medium bowl, stir to combine **1 tablespoon vinegar**, **1 teaspoon water**, and **3 tablespoons oil**. Toss tomatoes in bowl with vinaigrette; season to taste with **salt** and **pepper**.



4. Broil veggies

Toss **chickpeas** and **asparagus** on a rimmed baking sheet with **1 tablespoon oil**; season with **salt** and **pepper**. Broil on top oven rack until asparagus are crisp-tender and chickpeas are warm, about 4 minutes. Toss with **half of the chopped dill**.



5. Finish & serve

Fluff **quinoa** with a fork, then stir in **half of crumbled feta**. Serve **quinoa** topped with **asparagus**, **dill chickpeas**, and **marinated tomatoes**. Drizzle with **vinaigrette**, then garnish with **remaining feta and chopped dill**. Enjoy!



6. Make it meaty!

We love our veggies, but we understand if you want to amp up the protein count in this one. Sear up some chicken or shrimp seasoned with a medley of dried herbs like oregano, parsley, and basil to keep with the theme.