

DINNERLY



Spiced Roasted Chickpea Grain Bowl with Red Pepper Pesto



20-30min



2 Servings

You wanna talk nutritious and delicious? We're coating chickpeas in harissa—a mildly spicy, super flavorful spice blend—and roasting them into crispy little morsels of goodness. For the base—because every bowl needs a base—tri-color quinoa and spinach. Drizzle it up with some pre-made red pepper pesto, all that's left to do is slice some radishes and fry some eggs. You can thank us later. We've got you covered!

WHAT WE SEND

- 5 oz baby spinach
- 3 oz tri-color quinoa
- 15 oz can chickpeas
- 1 radish
- 2 (2 oz) roasted red pepper pesto ⁷
- ¼ oz harissa spice blend

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- 2 large eggs ³

TOOLS

- small saucepan
- rimmed baking sheet
- medium nonstick skillet

ALLERGENS

Egg (3), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

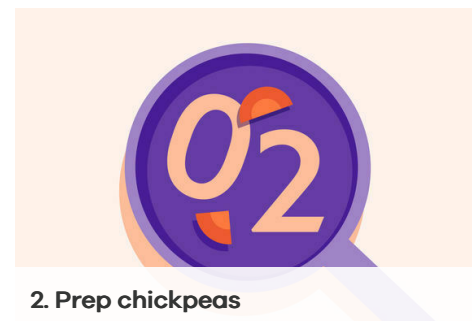
NUTRITION PER SERVING

Calories 680kcal, Fat 46g, Carbs 65g, Protein 28g



1. Make quinoa

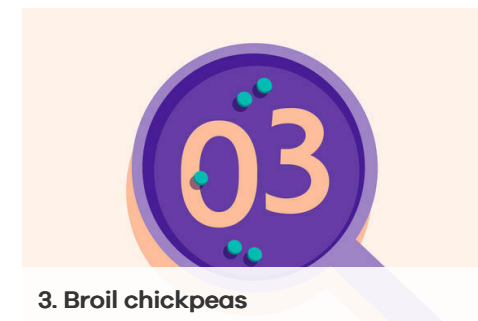
Roughly chop **spinach**. In a small saucepan, combine **quinoa**, **¾ cup water**, and **½ teaspoon salt**. Bring to a boil. Cover, reduce heat to medium-low, and cook until tender and water is absorbed, 15–20 minutes. Stir in **spinach**, then keep covered off heat until ready to serve.



2. Prep chickpeas

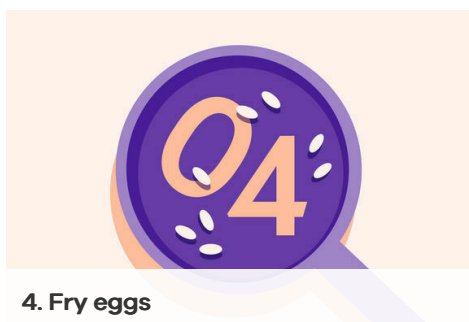
Preheat broiler with a rack in the top position.

Rinse and drain **chickpeas**; wrap in a clean kitchen towel and pat dry. Toss on a rimmed baking sheet with **2 teaspoons harissa spice** (save rest for own use) and **1 tablespoon oil**; season with **salt** and **pepper**.



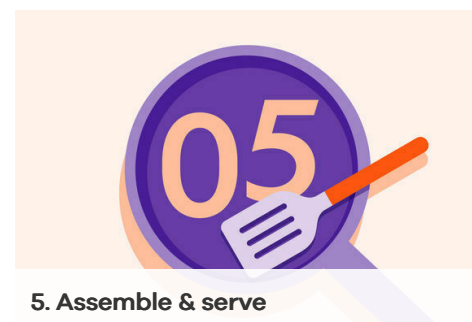
3. Broil chickpeas

Broil **chickpeas** on top oven rack, shaking sheet occasionally (be careful, chickpeas may spurt oil), until golden-brown and crisp on the outside, 7–10 minutes (watch closely as broilers vary).



4. Fry eggs

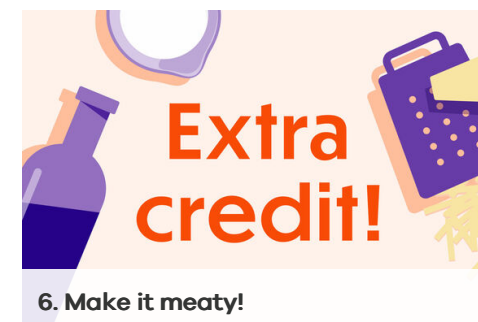
Heat **2 tablespoons oil** in a medium nonstick skillet over high. Crack **2 large eggs** into skillet; season with **salt** and **pepper**. Cook until edges begin to brown, whites are just set, and yolks are still runny, about 2 minutes.



5. Assemble & serve

Cut **radishes** into thin rounds or matchsticks. Divide **spinach quinoa** between bowls. Top with **sliced radishes**, **chickpeas**, and **fried eggs**.

Serve **chickpea grain bowl** with **red pepper pesto** drizzled over top. Enjoy!



6. Make it meaty!

We made this a meatless meal on purpose, but if you have carnivores at the table, check out our handy protein packs! Top this chickpea grain bowl with sliced chicken breast or sautéed grass-fed ground beef.