

DINNERLY



Mustard-Maple Quinoa, Chickpea & Kale Bowl:

Let's Do Lunch!



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 small bag carrots
- 1 bunch curly kale
- 15 oz can chickpeas
- ½ oz whole-grain mustard
- 1 oz maple syrup

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- white wine vinegar (or apple cider vinegar)

TOOLS

- small saucepan

ALLERGENS

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

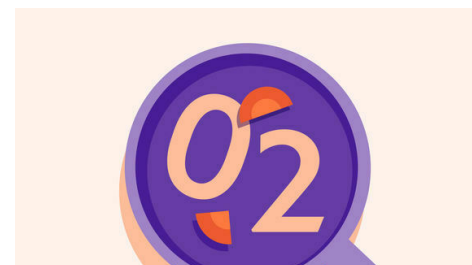
NUTRITION PER SERVING

Calories 760kcal, Fat 38g, Carbs 101g, Protein 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).

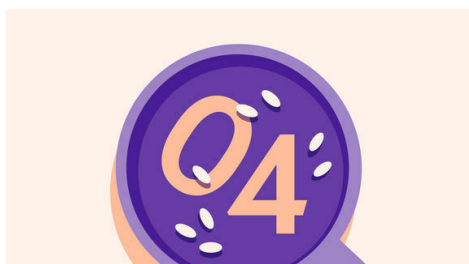
Remove and discard tough center stems from **half of the kale leaves** (save rest for own use), then stack leaves and slice crosswise into thin ribbons.

Drain and rinse **chickpeas**.



3. Make dressing

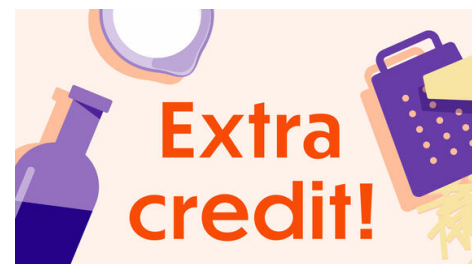
In a large bowl, whisk to combine **mustard**, **maple syrup**, **¼ cup oil** and **2 tablespoons vinegar**; season to taste with **salt** and **pepper**.



4. Finish & serve

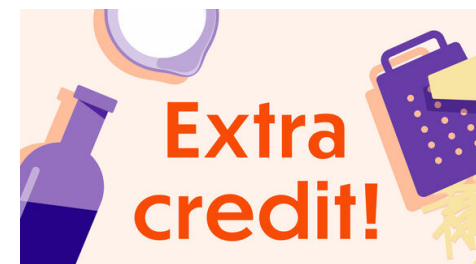
Add **carrots**, **kale**, **chickpeas**, and **quinoa** to bowl with **dressing**, tossing to coat.

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!