



Tahini Plant Chicken Grain Bowl

with Snap Peas & Grape Tomatoes



30-40min



2 Servings

Plant-based chicken is perfect for soaking up flavors like a nutty tahini dressing. Brown rice and quinoa make up the hearty base of this grain bowl, which we also top with marinated cucumber and tomatoes and thinly sliced snap peas.

What we send

- 5 oz quick-cooking brown rice
- 3 oz tri-color quinoa
- garlic
- 1 lemon
- 1 oz tahini ¹¹
- 6 oz grape tomatoes
- 1 cucumber
- 4 oz snap peas
- 8 oz pkg plant-based chicken ⁶

What you need

- kosher salt & ground pepper
- olive oil

Tools

- large saucepan
- fine-mesh sieve
- microplane or grater
- medium nonstick skillet

Allergens

Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 980kcal, Fat 45g, Carbs 107g, Protein 40g



1. Cook grains

Bring a large saucepan of **salted water** to a boil. Add **rice** and boil for 7 minutes, then add **½ cup quinoa** and boil both rice and quinoa together until tender, about 17 minutes more. Drain through a fine-mesh sieve and return to saucepan.



4. Prep veggies

Cut **tomatoes** in half and transfer to a small bowl. Trim ends from **cucumber** (peel if desired), then cut into ¼-inch pieces. Add cucumbers to tomatoes. Stir in **½ teaspoon of the reserved lemon dressing** and season with **a pinch each salt and pepper**. Trim ends from **snap peas**, then thinly slice on an angle.



2. Prep dressing

While **grains** cook, finely grate **½ teaspoon garlic**. Into a small bowl, grate **¼ teaspoon lemon zest** and squeeze **2 tablespoons lemon juice**. Add **2 tablespoons oil** and ¼ teaspoon of the garlic; whisk to combine. Reserve 1 tablespoon of the lemon dressing in a small bowl and set aside for steps 4 and 6.



5. PLANT CHICKEN VARIATION

Cut **plant-based chicken** into ½-inch pieces, if necessary. Heat **2 tablespoons oil** in a medium nonstick skillet over medium-high heat until shimmering. Add chicken, season with **salt**, and cook until golden and warmed through, turning occasionally, 5-6 minutes. Add **snap peas** and **remaining ¼ teaspoon garlic** and cook, about 1 minute.



3. Make tahini sauce

Into bowl with **remaining 3 tablespoons lemon dressing**, whisk **tahini** and **2 tablespoons water** until smooth. Sauce will thicken as you stir.



6. Finish & serve

Stir **remaining lemon dressing** into **grains**. Serve **grains** topped with **plant-based chicken**, **snap peas**, **tomato-cucumber mixture**, and **a drizzle of tahini sauce**. Enjoy!