

DINNERLY



Gyro Plant Chicken & Kale Tabbouleh with Hummus



30-40min



2 Servings

You don't just "need" a salad, you WANT a salad like tabbouleh. We're making the Middle Eastern grain salad with quinoa, kale, and tomatoes dressed in a simple vinaigrette. It's the perfect landing pad for gyro-spiced plant-based chicken strips and a dollop of creamy hummus. We've got you covered!

WHAT WE SEND

- 3 oz white quinoa
- 1 bunch curly kale
- 1 plum tomato
- ½ lb pkg plant-based chicken ⁶
- ¼ oz gyro spice
- 4 oz hummus ¹¹

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- garlic
- red wine vinegar (or white wine vinegar)
- sugar

TOOLS

- small saucepan
- 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 780kcal, Fat 50g, Carbs 43g, Protein 40g



1. Cook quinoa

In a small saucepan, combine **quinoa**, **¾ cup water**, and **a pinch of salt**. Bring to a boil over high heat. Reduce heat to low, cover, and cook until water is absorbed and quinoa is tender, about 15 minutes. Spread out quinoa on a plate and cool to room temperature.



2. Prep veggies

Strip **kale leaves** from stems; discard stems. Stack leaves and thinly slice crosswise. In a large bowl, gently knead and squeeze kale with **1 tablespoon oil** until leaves are evenly coated, have started to soften, and are slightly wilted, about 1 minute.

Cut **tomato** into ½-inch pieces.



3. Make tabbouleh

Grate **½ teaspoon garlic** into a medium bowl. Whisk in **2 tablespoons oil**, **1 tablespoon vinegar**, and **½ teaspoon sugar**. Season to taste with **salt** and **pepper**. Add **kale**, **quinoa**, and **tomatoes**; toss to coat. Season to taste with **salt**, **pepper**, and **more vinegar**, if desired.



4. Cook plant-based chicken

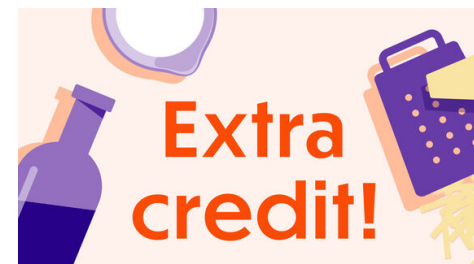
Pat **plant-based chicken** dry and break into bite-size pieces. Toss in a bowl with **gyro spice** and **1 tablespoon oil**; season with **salt** and **pepper**.

Heat **½ tablespoon oil** in a medium nonstick skillet over medium-high. Add plant-based chicken; cook, without stirring, until well browned on the bottom, about 3 minutes. Stir and cook until warmed through, 2–3 minutes.



5. Serve

Serve **kale tabbouleh** dolloped with **hummus** and drizzled with **oil**. Top with **gyro plant-based chicken** and **a few cracks of pepper**. Enjoy!



6. Rate your plate!

When you rate your meals we can give you more of the flavors you love. Tell us what you thought of this recipe on the app or website.