



20-Min: Plant-Powered Harvest Grain Bowl

with Delicata Squash & Maple-Tahini Drizzle



ca. 20min



2 Servings

Tonight's dinner is hearty, nutritious, and made with fresh plant-based ingredients! This harvest bowl uses seasonal produce like crisp broccolini and sweet delicata squash. We broil the veggies to develop a caramelized char, then serve it over protein-packed tri-color quinoa. A creamy maple-tahini sauce ties it all together, and crunchy roasted pumpkin seeds and dried cranberries sprinkled over adds a savory-sweet topping.

What we send

- 3 oz tri-color quinoa
- 1 delicata squash
- ¼ oz berbere spice blend
- ½ lb broccolini
- 1 oz tahini ¹¹
- 1 oz maple syrup
- 1 oz dried cranberries
- 1 oz pumpkin seeds

What you need

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

Tools

- small saucepan
- rimmed baking sheet

Allergens

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

Nutrition per serving

Calories 630kcal, Fat 33g, Carbs 77g, Protein 19g



1. Cook quinoa

Preheat broiler with a rack in the upper third.

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. Remove from heat. Keep covered until ready to serve.



4. Broil squash & broccolini

Broil **squash and broccolini** on upper oven rack, flipping halfway through, until tender and browned in spots, 8-10 minutes total (watch closely as broilers vary).



2. Prep squash

Halve **squash** lengthwise, scoop out and discard seeds, and cut crosswise into ½ inch thick half-moons. In a medium bowl, toss squash with **1 tablespoon oil** and **1 teaspoon berbere spice blend** (or more, depending on heat preference); season with **salt** and **pepper**. Transfer to one half of a rimmed baking sheet.



5. Make maple-tahini sauce

In a small bowl, stir to combine **tahini**, **2 teaspoons maple syrup**, **1 teaspoon oil**, and **½ teaspoon vinegar**. Stir in **1 tablespoon water** at a time as needed to thin sauce. Season to taste with **salt** and **pepper**.



3. Prep broccolini

Trim **broccolini**, then halve or quarter spears lengthwise, if large. Place on open half of same baking sheet; drizzle with **2 teaspoons oil** and season with **salt** and **pepper**.



6. Finish & serve

Fluff **quinoa** with a fork, then spoon into bowls. Arrange **squash** and **broccolini** over **quinoa**, then drizzle with **maple-tahini sauce** and sprinkle **cranberries** and **pumpkin seeds** over top. Enjoy!