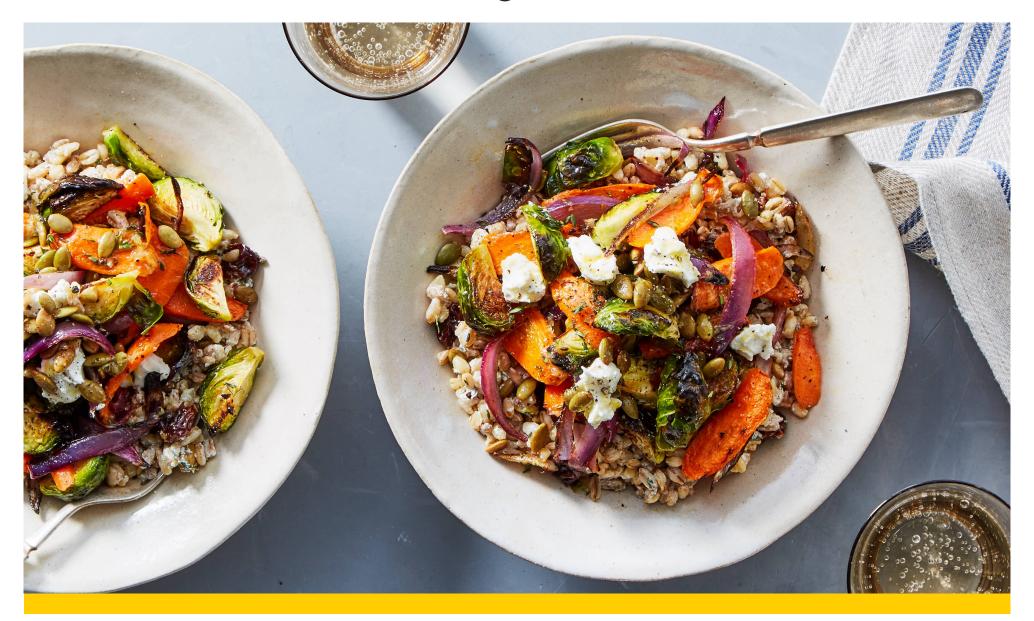
# MARLEY SPOON



## **Harvest Grain Bowl with Daring Plant** Chicken

**Dried Cherries & Feta** 





multitude of textures-Daring plant-based chicken, crisp Brussels sprouts and carrots, tender onions, and creamy feta. A final garnish of sweet dried cherries and crunchy pumpkin seeds hits all the right notes.

Grain bowls are a delicious and nutritious way to celebrate the bounty of any season! This hearty version showcases a bed of warm farro covered in a

#### What we send

- 2 carrots
- ½ lb Brussels sprouts
- 1 red onion
- 1 lemon
- ¼ oz fresh thyme
- 4 oz farro 1
- 1 oz dried cherries
- 8 oz pkg plant-based chicken <sup>2</sup>
- 2 oz feta 3
- 1 oz pepitas

## What you need

- · kosher salt & ground pepper
- olive oil
- sugar

#### **Tools**

- microplane or grater
- medium saucepan
- rimmed baking sheet
- medium skillet

#### **Allergens**

Wheat (1), Soy (2), Milk (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

#### **Nutrition per serving**

Calories 1010kcal, Fat 53g, Carbs 101g, Protein 45g



## 1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Peel **carrots**; cut into ¼-inch slices. Trim and halve **Brussels sprouts** (quarter, if large). Cut **onion** through core into ½-inch wedges. Grate **1 teaspoon lemon zest** and squeeze **half of the lemon** into a small bowl; cut remaining lemon halve into 2 wedges. Pick and finely chop **half of the thyme**; reserve remaining whole stems.



## 2. Roast vegetables

Fill a medium saucepan with **salted** water; bring to a boil.

On a rimmed baking sheet, toss **carrots**, **Brussels sprouts**, **onions**, **lemon** wedges, reserved thyme sprigs, 2 tablespoons oil, and ½ teaspoon each of salt and pepper; spread into an even layer. Roast on upper oven rack until veggies are tender and well browned, about 25 minutes. Remove and discard thyme sprigs.



## 3. Cook farro; plant chicken

Add **farro** to boiling water and cook, stirring occasionally, until tender, 18-20 minutes. Add **cherries** during last 2 minutes of cooking. Drain and shake out excess water.

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **plant-based chicken** in a single layer and cook, stirring, until warmed through and browned. 4–5 minutes.



## 4. Make dressing

Transfer roasted lemon wedges to a medium bowl and press with a spoon to squeeze juice; discard rind and seeds. Whisk in 2 tablespoons oil, 1 tablespoon water, and 3/3 of the feta. Season to taste with salt and pepper.



## 5. Dress grains

Transfer farro, 3/3 of the chopped thyme, and 3/4 of the pepitas to bowl with lemon-feta dressing; toss to combine. Season to taste with salt and pepper.

To bowl with **lemon zest and juice**, add **1 tablespoon oil** and **½ teaspoon sugar**, whisking to combine. Season to taste with **salt** and **pepper**.



6. Serve

Remove whole thyme sprigs from roasted vegetables. Divide grain mixture between bowls, then top with roasted vegetables, plant-based chicken, and remaining pepitas, chopped thyme, and feta. Drizzle with lemon vinaigrette. Enjoy!