



## Mediterranean Plant Chicken Grain Bowl

with Roasted Carrots, Feta & Tzatziki



35min



2 Servings

Like the bright Mediterranean sunshine, this vegetarian grain bowl will invigorate you. We roast carrots and onions with baharat spice, a blend of warm (not hot!) spices including cumin and cardamom. Plump golden raisins are the base of a vinaigrette, which we toss with nutritious brown rice and fresh mint. Creamy tzatziki, crunchy almonds, and feta complete this grain bowl that will fill you up without weighing you down.



## What we send

- 5 oz quick-cooking brown rice
- 2 carrots
- 1 red onion
- garlic
- 8 oz pkg plant-based chicken <sup>1</sup>
- ¼ oz baharat spice blend <sup>2</sup>
- 1 oz golden raisins
- ¼ oz fresh mint
- 1 oz salted almonds <sup>3</sup>
- 4 oz tzatziki <sup>4,3</sup>
- 2 oz feta <sup>4</sup>

## What you need

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

## Tools

- rimmed baking sheet
- medium saucepan
- fine-mesh sieve

## Allergens

Soy (1), Sesame (2), Tree Nuts (3), Milk (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 1000kcal, Fat 54g, Carbs 96g, Protein 40g



### 1. Cook rice

Preheat oven to 450°F with a rack in the upper third. Place a rimmed baking sheet in oven to preheat.

Bring a medium saucepan of **salted water** to a boil. Add **rice** and boil (like pasta) stirring occasionally, until just tender, about 22 minutes. Drain rice in a fine-mesh sieve; transfer to a medium bowl and cover to keep warm. Reserve saucepan for step 4.



### 4. Cook raisins

Meanwhile, in reserved saucepan, heat **2 tablespoons vinegar**, **1 tablespoon water**, and **¼ teaspoon sugar** over medium. Add **half of the raisins** (save rest for own use) and cook, stirring occasionally, until plump, 1-2 minutes. Transfer raisins and liquid to a 2nd medium bowl.



### 2. Prep ingredients

Meanwhile, halve **the carrots** lengthwise, then cut on an angle into 2-inch pieces (save rest for own use). Halve and thinly slice **all of the onion**. Finely chop **2 teaspoons garlic**.



### 5. Make vinaigrette

To the bowl with **raisins**, whisk in **3 tablespoons oil**. Season to taste with **salt** and **pepper**. Add **remaining onions** and toss to coat.

Pick **mint** from stems and tear leaves if large; discard stems. Coarsely chop **almonds**.



### 3. Cook veg & plant chicken

On preheated baking sheet, carefully toss **plant-based chicken, carrots, garlic, ⅔ of the onions**, and **1 tablespoon each of oil and baharat spice blend**. Season with **salt** and **pepper**.

Return baking sheet to upper oven rack and roast until carrots are softened and browned in spots and onions are jammy, 15-18 minutes.



### 6. Finish & serve

Smear **tzatziki** on the insides of serving bowls. To the bowl with **vinaigrette**, add **rice** and **most of the mint**; toss to coat. Spoon **rice mixture** into serving bowls and top with **plant-based chicken, carrots, and onions**. Crumble **feta cheese** over top. Garnish with **almonds** and **remaining mint leaves**. Enjoy!