

DINNERLY



Chicken & Chickpea Quinoa Bowl with Asparagus, Marinated Tomatoes & Feta



20-30min



2 Servings

One of our favorite ways to Dinnerly is making a whole lot of tasty things, making them tastier with fresh herbs and creamy cheese, then tossing them together bowl-style. This is clean-eating in terms of the mighty grain quinoa balanced with plenty of protein and veggies. But, it's up to you to walk away from the table without a dribble of vinaigrette running down your shirt... We've got you covered!

WHAT WE SEND

- 3 oz white quinoa
- ½ lb asparagus
- 1 plum tomato
- 15 oz can chickpeas
- ¼ oz fresh dill
- 2 oz feta ⁷
- 10 oz pkg boneless, skinless chicken breast

WHAT YOU NEED

- garlic
- olive oil
- kosher salt & ground pepper
- red wine vinegar

TOOLS

- rimmed baking sheet
- small saucepan
- medium skillet

ALLERGENS

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 620kcal, Fat 43g, Carbs 63g, Protein 23g



1. Cook quinoa

Finely chop **1 teaspoon garlic**.

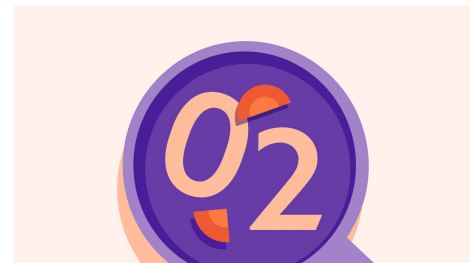
Heat **1 tablespoon oil** in a small saucepan over medium. Add **half of the chopped garlic** and cook, stirring until fragrant, about 1 minute. Add **quinoa, ¾ cup water**, and **¼ teaspoon salt**; bring to a boil over high heat. Cover and cook over low heat until quinoa is tender and water is absorbed, about 15 minutes.



4. Broil veggies

Toss **chickpeas** and **asparagus** on a rimmed baking sheet with **1 tablespoon oil**; season with **salt** and **pepper**.

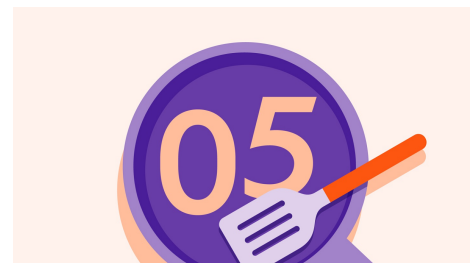
Broil on top oven rack until asparagus are crisp-tender and chickpeas are warm, about 4 minutes. Toss with **remaining chopped garlic**, then broil until garlic is fragrant, 1–2 minutes (watch closely as broilers vary). Toss with **half of the chopped dill**.



2. Prep ingredients

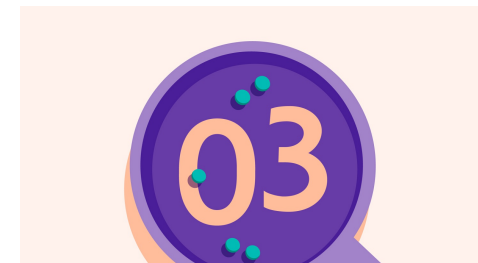
Meanwhile, preheat broiler with a rack in the top position.

Trim and discard woody ends from **asparagus** (about 2 inches), then cut into thirds. Core **tomato** and halve lengthwise, then thinly slice into half-moons. Rinse and drain **chickpeas**. Pick **dill fronds** from stems and finely chop, discarding stems. Crumble **feta**.



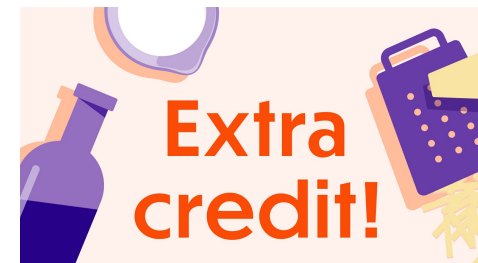
5. CHICKEN VARIATION

Pat **chicken** dry and season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken and cook until golden brown and cooked through, 3–4 minutes per side. Transfer to a cutting board to rest, 5 minutes.



3. Marinate tomatoes

In a medium bowl, stir to combine **3 tablespoons oil**, **1 tablespoon vinegar**, and **1 teaspoon water**. Add **tomatoes** to **vinaigrette** and toss to coat; season to taste with **salt** and **pepper**.



6. Finish quinoa & serve

Fluff **quinoa** with a fork, then stir in **half of the feta**. Slice **chicken**.

Serve **quinoa** topped with **chicken**, **asparagus**, **chickpeas**, and **marinated tomatoes**. Drizzle with **vinaigrette** and sprinkle with **remaining feta** and **dill**. Enjoy!