

# DINNERLY



## Mediterranean Spiced Chickpea Mezze Bowl

with Quinoa, Hummus & Brussels Sprouts



30-40min



2 Servings

Why go searching for the best Mediterranean food in town when we all know you'll find it in your own kitchen. Your very own, personal mezze bowl —which BTW means small, savory appetizers. Plus chickpeas, not one, but TWO ways? Who could say no to that? We've got you covered!

## WHAT WE SEND

- 3 oz white quinoa
- ½ lb Brussels sprouts
- 15 oz can chickpeas
- 2 plum tomatoes
- ¼ oz baharat spice blend <sup>3</sup>
- 2 (2 oz) hummus <sup>3</sup>
- ½ lb pkg ready to heat chicken cutlets <sup>1,2,4</sup>

## WHAT YOU NEED

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

## TOOLS

- small saucepan
- rimmed baking sheet

## ALLERGENS

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

## NUTRITION PER SERVING

Calories 890kcal, Fat 66g, Carbs 80g, Protein 27g

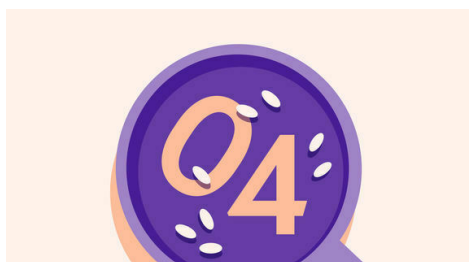


### 1. Cook quinoa & prep

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. Keep covered off heat; set aside until step 5.

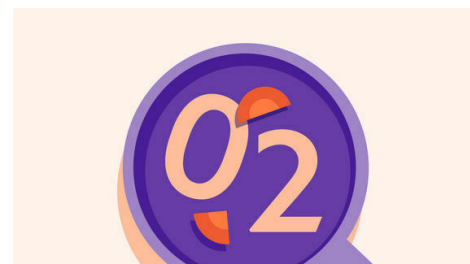
Trim ends from **Brussels sprouts**; remove tough outer leaves if necessary, then halve (or quarter if large).



### 4. Finish & serve

Fluff **quinoa** with a fork; divide between serving bowls. Dollop **hummus** over top and create a well in the center. Add **crispy chickpeas** to well and drizzle with **oil**.

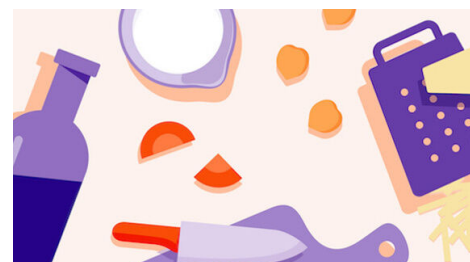
Serve **Mediterranean mezze bowls** topped with **Brussels sprouts** and **tomato vinaigrette** spooned over top. Enjoy!



### 2. Prep chickpeas & tomatoes

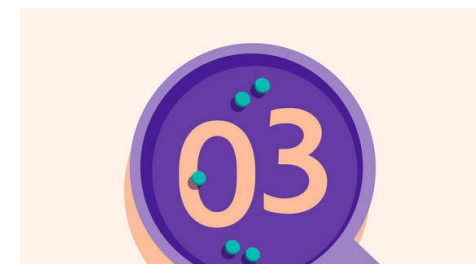
Drain **chickpeas**. Transfer the chickpeas to a paper towel-lined plate and pat very dry.

Coarsely chop **tomatoes**. In a small bowl, stir to combine **tomatoes**, **2 tablespoons oil**, **1 tablespoon vinegar**, and **a pinch of sugar**. Season to taste with **salt** and **pepper**; set aside for serving.



### 5. ...

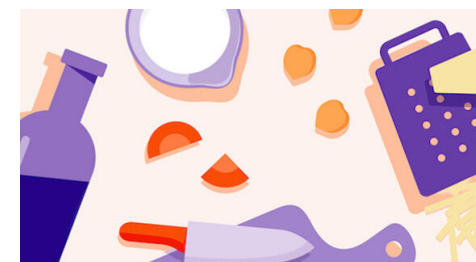
What were you expecting, more steps?



### 3. Roast veggies

On a rimmed baking sheet, toss **Brussels sprouts** with **1 tablespoon oil** and season with **salt** and **pepper**; push to one side of sheet.

On open side, toss **chickpeas** with **2 teaspoons oil** and **all of the baharat**; season with **salt** and **pepper**. Bake on upper oven rack until Brussels sprouts are browned in spots and chickpeas are golden-brown and crispy, about 10 minutes.



### 6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!