



Summer Vitality Bowl

with Cucumbers & Quinoa



20-30min



2 Servings

We're taking advantage of the best of this summer's produce with an ultra-healthy and delicious quinoa bowl. You'll find sweet slices of tomato, fresh mint, and a creamy turmeric dressing for a special finish. Quinoa is rich in protein and fiber, and also tastes great at room temperature, so feel free to pack up the meal for a day at the beach.

What we send

- 3 oz white quinoa
- 1 cucumber
- 1 pkt rice vinegar
- 1 can chickpeas
- 1 oz tahini (use 2 Tbsp) ¹¹
- turmeric (use ¼ tsp)
- ground cumin (use ¼ tsp)
- 9 oz tomatoes
- ¼ oz fresh mint

What you need

- kosher salt & pepper
- olive oil

Tools

- small saucepan
- rimmed baking sheet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

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

Nutrition per serving

Calories 720kcal, Fat 42g, Carbs 70g, Proteins 21g



1. Cook quinoa

In a small saucepan, combine **quinoa**, **1½ cups water**, and **a pinch of salt**. Bring to a boil, then reduce heat to low and cover. Cook until water is absorbed and quinoa is tender, 15-20 minutes. Remove from heat and keep covered until ready to serve.



2. Prep & marinate cucumbers

Meanwhile, trim ends from **cucumber**, then thinly slice crosswise. In a medium bowl, whisk **2 tablespoons rice vinegar**, **1 tablespoon oil**, and **½ teaspoon salt**. Add cucumbers and toss to coat. Set aside until ready to serve.



3. Prep chickpeas

Preheat broiler with top rack 6 inches from heat source. Drain liquid from **chickpeas** and dry on a paper towel. Toss on a rimmed baking sheet with **1 tablespoon oil**, and season with **¼ teaspoon salt** and **several grinds of pepper**.



4. Broil chickpeas

Broil **chickpeas** on top oven rack until golden and crispy, 6-8 minutes, shaking baking sheet halfway through (watch closely as broilers vary).



5. Make dressing

In a small bowl, whisk to combine **tahini**, **¼ teaspoon each of turmeric and ground cumin** (reserve remaining spices for own use), **remaining 2 tablespoons vinegar**, and **2 tablespoons each of water and oil**. Season to taste with **salt** and **pepper**.



6. Finish & serve

Thinly slice **tomatoes** and season lightly with **salt**. Pick **mint leaves** from stems. Fluff **quinoa** and divide between bowls. Top with **cucumbers**, **tomatoes**, and **crispy chickpeas**. Drizzle **dressing** over top and sprinkle with **mint**. Enjoy!