



Gluten-Free Grain & Bean Bowl

with Smashed Cucumbers & Garlicky Yogurt

 20-30min  2 Servings

This is a bowl of goodness. Marinated beans and a hearty blend of gluten-free grains are topped with garlicky, protein-packed Greek yogurt. Lightly crushing and seasoning the cucumber and scallions draws out their juices, so they drain and become even more crunchy and ready to absorb the flavors of the lemon dressing. Spinach and sesame seeds top it off.

What we send

- 5 oz quick-cooking brown rice
- 3 oz tri-color quinoa
- garlic
- 1 lemon
- 1 cucumber
- scallions
- 15 oz cannellini beans
- 4 oz Greek yogurt ⁷
- 3 oz baby spinach
- ¼ oz mixed sesame seeds ¹¹

What you need

- kosher salt & pepper
- sugar
- olive oil

Tools

- large saucepan
- fine-mesh sieve
- microplane or grater
- meat mallet (or skillet)

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

Milk (7), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 650kcal, Fat 29g, Carbs 74g, Proteins 24g



1. Cook grains

Bring a large saucepan of **salted water** to a boil. Add **rice** to boiling water. Return to a boil and cook for 7 minutes. Add **quinoa** and boil until both rice and quinoa are tender, about 17 minutes more. Drain, then return rice and quinoa to saucepan. Cover to keep warm.



4. Smash & drain cucumbers

Place **cucumbers**, **half of the scallions**, and a **pinch each of salt and pepper** in a resealable plastic bag. Seal, and lightly crush with a meat mallet or heavy skillet. Put cucumbers and scallions in a fine-mesh sieve set over a bowl or sink to drain while you finish the recipe.



2. Prep ingredients

While **grains** cook, finely grate **½ teaspoon garlic**. Squeeze **2 tablespoons lemon juice** into a large bowl. Trim ends from **cucumber** (peel, if desired), then halve lengthwise and cut crosswise into 1-inch pieces. Trim **scallions**, then thinly slice about ¼ cup on an angle. Drain and rinse **beans**.



5. Dress grains

Add **remaining grated garlic** directly to **yogurt cup** along with **1 teaspoon each of water and oil**; stir to combine. Season to taste with **salt and pepper**. Add **half of the cooked grains** (save rest for your own use) to bowl with **beans** and toss to combine. Season to taste with **salt and pepper**.



3. Make dressing

Into the large bowl with **lemon juice**, combine **½ teaspoon sugar**, **¼ teaspoon of the grated garlic**, and season with **salt and pepper**. Whisk in **3 tablespoons oil**. Transfer **2 tablespoons of the dressing** to a medium bowl and reserve for step 6. Add **drained beans** to the **remaining dressing** in the large bowl and toss to coat.



6. Finish & serve

Add **spinach**, **smashed cucumbers**, and **half of the sesame seeds** to bowl with **reserved 2 tablespoons dressing**. Toss to combine. Serve **beans** and **some of the grains** topped with **cucumber-spinach salad**. Spoon **garlicky yogurt** on top. Garnish with **remaining scallions and sesame seeds**. Enjoy!