



Caprese Gluten-Free Grain Bowl

with Warm Vinaigrette



30-40min



2 Servings

We channel all of the best flavors from a traditional Caprese salad, then take it to the next level by adding kale, roasted red peppers, and a hearty protein packed quinoa-brown rice blend. The salad is tossed in a tangy vinaigrette and topped with crispy frizzled onions.

What we send

- 5 oz quick-cooking brown rice
- 3 oz tri-color quinoa
- 3¾ oz mozzarella ⁷
- ¾ oz Parmesan ⁷
- 2 (2 oz) roasted red peppers
- 4 oz plum tomato
- ¼ oz fresh basil
- 1 medium red onion
- 1 bunch curly kale

What you need

- kosher salt & ground pepper
- neutral oil
- apple cider vinegar (or white wine vinegar)
- sugar

Tools

- large pot
- fine-mesh sieve
- box grater
- medium skillet

Allergens

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

Nutrition per serving

Calories 720kcal, Fat 39g, Carbs 70g, Protein 26g



1. Boil grains

Fill a large pot with **salted water** and bring to a boil. Add **rice** to boiling water and cook (like pasta) for 7 minutes. Add **½ cup quinoa** and boil until both rice and quinoa are tender, about 17 minutes more. Drain using a fine-mesh sieve, then return to pot off the heat. Cover to keep warm.



4. Prep kale

Strip **leaves** from **¼ of the kale**, discarding stems. Stack leaves and slice into thin ribbons (save remaining kale for own use).



2. Prep ingredients

Meanwhile, cut **mozzarella** into ½-inch cubes. Coarsely grate **Parmesan**. Slice **roasted peppers** into ½-inch strips, if necessary. Core and coarsely chop **tomato**. Pick **basil leaves** from **stems**; set aside a few leaves for serving, then roll up remaining leaves and thinly slice. Thinly slice **¼ cup onion** and separate into rings (save rest for own use).



5. Heat dressing

Heat **reserved onion oil** in skillet over medium until shimmering. Add **remaining raw sliced onions** and cook, stirring, until lightly golden and fragrant, about 1 minute. Stir in **1 tablespoon vinegar** and **a pinch of sugar** (careful, oil may splatter). Season with **salt** and **a few grinds of pepper**. Cook until onions are softened, about 30 seconds. Remove from heat.



3. Cook crispy onions

Heat **3 tablespoons oil** in a medium skillet over medium-high. Add **half of the sliced onions** (reserve remaining for step 5). Cook, stirring, until onions are deep golden and crispy, 2-3 minutes. Using a slotted spoon, transfer to a paper towel-lined plate and season with **salt**. Reserve skillet and **onion cooking oil** for step 5.



6. Assemble salad & serve

In a medium bowl, toss to combine **half of the cooked grains** (save rest for own use), **kale**, **mozzarella**, **roasted peppers**, **tomatoes**, **sliced basil**, **warm dressing**, and **half of the Parmesan**. Spoon **salad** into bowls, then top with **crispy onions**, **remaining Parmesan**, and **reserved whole basil leaves**. Enjoy!