

# DINNERLY



## Quinoa-Veggie Hummus Bowl with Steak & Chickpeas



30-40min



2 Servings

| This version of the recipe is customized with coulotte steak.

### WHAT WE SEND

- 3 oz tri-color quinoa
- 15 oz can chickpeas
- 1 green bell pepper
- 1 plum tomato
- ¼ oz fresh dill
- ¼ oz dried oregano
- 4 oz hummus<sup>1</sup>
- 10 oz pkg coulotte steak

### WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- red wine vinegar (or vinegar of your choice)
- sugar
- garlic

### TOOLS

- medium saucepan
- rimmed baking sheet
- microwave

### ALLERGENS

Sesame (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### NUTRITION PER SERVING

Calories 400kcal, Fat 21g, Carbs 63g, Protein 18g



#### 1. Cook quinoa & prep

Preheat broiler with a rack in the upper third.

In a medium saucepan, combine **quinoa**,  $\frac{3}{4}$  **cup water**, and  $\frac{1}{2}$  **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 until ready to serve.

Meanwhile, drain and rinse **chickpeas**. Halve **pepper**, discard stem and seeds, then cut into 1-inch pieces.



#### 2. Broil chickpeas & peppers

Add **chickpeas** to a rimmed baking sheet and pat dry with paper towels; push to one side of sheet. Add **peppers** to open side. Toss each with a **generous drizzle of oil** and a **pinch each of salt and pepper**.

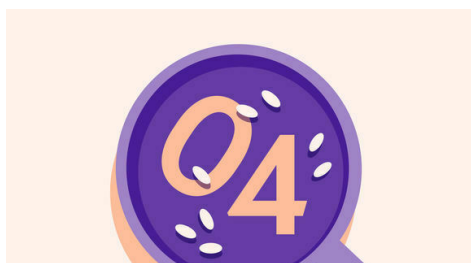
Broil on upper oven rack until peppers are charred in spots and chickpeas are deeply golden, about 10 minutes (watch closely as broilers vary).



#### 3. Prep tomatoes & oregano

Core **tomato**; cut into 1-inch pieces. Finely chop **dill fronds and stems**. In a medium bowl, toss tomatoes with **1 teaspoon vinegar**, **half of the dill**, and a **pinch each of salt, sugar, and pepper**.

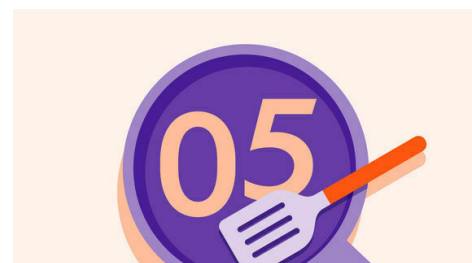
Finely chop **1 teaspoon garlic**. Add to a small bowl with **1 teaspoon oregano** and **2 tablespoons oil**; season with **salt and pepper**. Microwave until sizzling, about 1 minute.



#### 4. Cook steak

Pat **steaks** dry; season all over with **salt** and a **generous amount of pepper**.

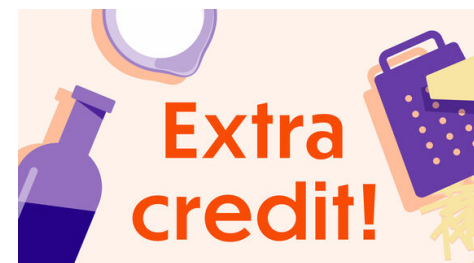
Heat **1 tablespoon oil** in a medium skillet over medium-high. Add steaks and cook until browned and medium-rare, 3–4 minutes per side (or longer for desired doneness). Transfer to a cutting board to rest.



#### 5. Finish & serve

Transfer **broiled peppers** to bowl with **marinated tomatoes**; toss to combine. Transfer **broiled chickpeas** to saucepan with **quinoa**. Add **oregano oil**; fluff with a fork to combine.

Serve **steak, chickpeas and quinoa**, and **marinated peppers and tomatoes**. Dollop **hummus** alongside and sprinkle with **remaining dill**. Enjoy!



#### 6. Carbo load!

Serve this dish with pita bread alongside or turn it into a sandwich.

Questions about the recipe? Cooking hotline: **888-267-2850** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at [dinnerly.com](https://dinnerly.com)    **#dinnerly**