

# DINNERLY



## Chicken Hummus Bowl with Quinoa & Chickpeas

Developed by Our Registered Dietitian



30-40min



2 Servings

Dinnerly's resident dietitian is bringing you meals that are both ultra-satisfying and super nourishing. This bowl is packed with fiber and plant-based protein thanks to crispy chickpeas & fluffy quinoa. It's also packed with—you guessed it—flavor! The quinoa is tossed in an herby oregano oil, while the veggies get the marinade treatment. Creamy hummus and fresh dill are just the cherry on top. We've got you covered!

## 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>
- ½ lb pkg chicken breast strips

## 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
- medium skillet

## ALLERGENS

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

## NUTRITION PER SERVING

Calories 700kcal, Fat 40g, Carbs 69g, Protein 48g

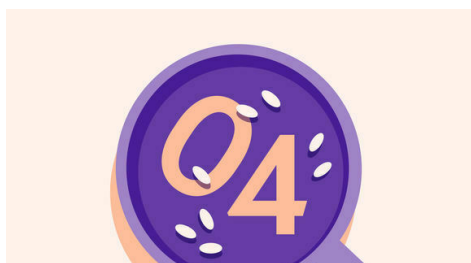


### 1. Cook quinoa & prep

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.



### 4. Cook chicken

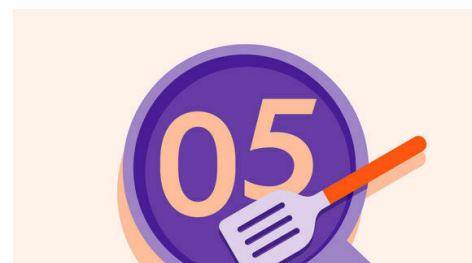
Pat **chicken** dry, then season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken in a single layer and cook, undisturbed, until browned on the bottom, about 3 minutes. Stir and cook until cooked through, about 2 minutes more.



### 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).



### 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.

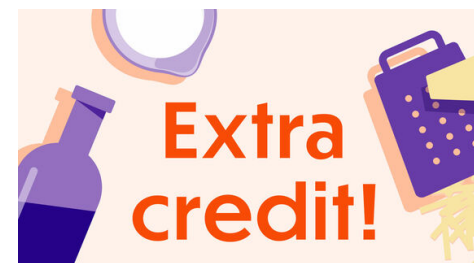
Serve **chickpeas and quinoa** with **chicken**, **peppers**, and **tomatoes**. Dollop **hummus** alongside and sprinkle with **remaining dill**. Enjoy!



### 3. Prep tomatoes & oregano

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



### 6. Carbo load!

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