

# DINNERLY



## Easy Clean Up! Chicken Grain Bowl with Roasted Veggies & Tahini Sauce



30min



2 Servings

Listen up. We are NOT playing around here. Really guys, this is major. We made you this ultra-healthy grain bowl that's honestly, seriously craveable. How did we do it? We roasted sweet potatoes and kale over a bed of farro and smothered it all in a creamy-lemony-garlicky tahini sauce. And now, you can do it too. We've got you covered!



### WHAT WE SEND

- 1 sweet potato
- 1 bunch curly kale
- 10 oz ready to heat farro <sup>1</sup>
- 1 oz tahini <sup>11</sup>
- 1 lemon
- 1 oz salted almonds <sup>15</sup>
- 10 oz pkg boneless, skinless chicken breast

### WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- garlic

### TOOLS

- rimmed baking sheet
- microwave
- microplane or grater
- medium skillet

### ALLERGENS

Wheat (1), Sesame (11), Tree Nuts (15).  
May contain traces of other allergens.  
Packaged in a facility that packages gluten containing products.

### NUTRITION PER SERVING

Calories 940kcal, Fat 41g, Carbs 91g,  
Protein 56g

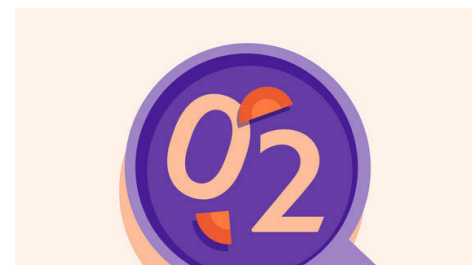


#### 1. Prep veggies

Preheat oven to 450°F with a rack in the upper third.

Cut **sweet potato** into 1-inch pieces.

Strip **kale leaves from stems**; chop leaves into bite-sized pieces. In a medium bowl, toss with **1 tablespoon each of oil and water**; season with **salt and pepper**.



#### 2. Roast veggies

On a rimmed baking sheet, toss **sweet potatoes** with **1 tablespoon oil** and a **generous pinch each of salt and pepper**. Roast on upper oven rack, stirring once halfway through cooking time, until golden-brown and tender, about 15 minutes.

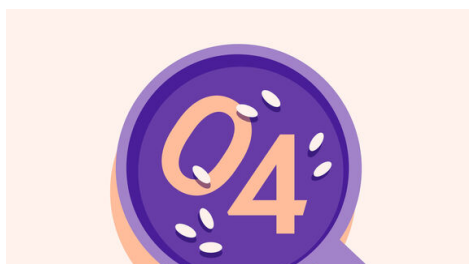
Carefully scatter **kale** on top of sweet potatoes. Roast until tender and lightly browned, about 5 minutes more.



#### 3. Heat farro & make sauce

Meanwhile, in a medium bowl, microwave **farro** until warmed through, about 2 minutes.

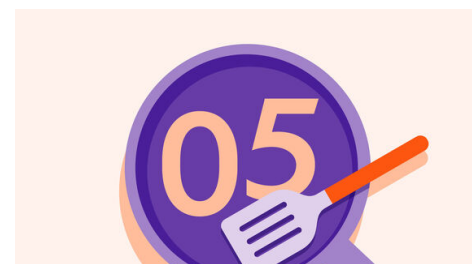
In a small bowl, finely grate **¼ teaspoon garlic** and zest from **lemon**, then whisk in **tahini** and **1 tablespoon oil**. Squeeze in **1 teaspoon lemon juice**. Stir in **1 teaspoon water at a time** until **sauce** is creamy and drizzles from spoon; season to taste with **salt and pepper**.



#### 4. Cook chicken

Pat **chicken** dry and season all over with **salt and pepper**.

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken and cook until golden brown and cooked through, 3–4 minutes per side. Transfer to a cutting board to rest, 5 minutes.



#### 5. Finish & serve

Roughly chop **almonds**. Cut **remaining lemon** into wedges.

Serve **farro** topped with **roasted veggies** and **chicken**. Drizzle **tahini sauce** and sprinkle **almonds** over top. Serve with **lemon wedges** for squeezing. Enjoy!



#### 6. Rate your plate!

When you rate your meals we can give you more of the flavors you love. Tell us what you thought of this recipe on the app or website.