



## Quinoa Vitality Bowl with Chicken

& Tahini-Turmeric Dressing



20-30min



2 Servings

We're freshening things up with an ultra-healthy, colorful, and delicious quinoa bowl. You'll find sweet slices of tomato, fresh mint, and creamy turmeric dressing for a special finish. Quinoa is rich in protein and fiber and also tastes great at room temperature, so feel free to pack up any leftovers to have for a quick lunch the next day!

## What we send

- 3 oz white quinoa
- 1 cucumber
- 15 oz can chickpeas
- 1 oz tahini <sup>11</sup>
- 1 oz maple syrup
- ¼ oz ground cumin
- ¼ oz turmeric
- 2 plum tomatoes
- ¼ oz fresh mint
- 10 oz pkg chicken breast strips

## What you need

- kosher salt & pepper
- apple cider vinegar (or white wine vinegar)
- olive oil

## Tools

- small saucepan
- rimmed baking sheet
- medium skillet

## Allergens

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

## Nutrition per serving

Calories 810kcal, Fat 45g, Carbs 78g, Protein 53g



### 1. Cook quinoa

In a small saucepan, combine **quinoa**, **1½ cups water**, and **a pinch of salt**. Bring to a boil, then reduce heat to low and cover. Cook until water is absorbed and quinoa is tender, 15-20 minutes. Remove from heat and keep covered until ready to serve.



### 2. Prep & marinate cucumbers

Meanwhile, trim ends from **cucumber**, then thinly slice crosswise. In a medium bowl, whisk **2 tablespoons vinegar**, **1 tablespoon oil**, and **½ teaspoon salt**. Add cucumbers and toss to coat. Set aside until ready to serve.



### 3. Prep & broil chickpeas

Preheat broiler with a rack in the top position. Drain liquid from **chickpeas** and dry on a paper towel. Toss on a rimmed baking sheet with **1 tablespoon oil**, and season with **salt** and **pepper**.

Broil **chickpeas** on top oven rack until golden and crispy, shaking baking sheet halfway through, 6-8 minutes (watch closely as broilers vary).



### 4. CHICKEN VARIATION

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

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken and cook, stirring occasionally, until well browned and cooked through, 4-5 minutes.



### 5. Make dressing

In a small bowl, whisk to combine **tahini**, **2 tablespoons each of water and oil**, **1 tablespoon vinegar**, **2 teaspoons maple syrup**, **¼ teaspoon cumin**, and **⅛ teaspoon turmeric**. Season to taste with **salt** and **pepper** (save remaining cumin, turmeric, and maple syrup for own use).



### 6. Finish & serve

Thinly slice **tomatoes** and season lightly with **salt**. Pick **mint leaves** from stems. Fluff **quinoa** and divide between bowls. Top with **cucumbers**, **tomatoes**, **chicken**, and **crispy chickpeas**. Drizzle **dressing** over top and sprinkle with **mint**. Enjoy!