



## Low-Cal Chicken & Quinoa Tabbouleh

with Feta & Dill



under 20min



2 Servings

Whether you're at home or at work (or if that's the same place)—treat yourself! Put down the instant noodles! Unhand the soggy sandwich! This amped up kale salad is everything a salad should be: easy, quick, light enough to not weigh you down, but filling enough to keep you going.

## What we send

- 1 lemon
- 1 plum tomato
- ¼ oz fresh dill
- 10 oz ready to heat quinoa-kale blend
- 10 oz pkg chicken breast strips
- garlic
- 2 oz feta <sup>7</sup>

## What you need

- olive oil
- sugar
- kosher salt & ground pepper

## Tools

- microplane or grater
- microwave
- medium nonstick skillet

## Allergens

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

## Nutrition per serving

Calories 500kcal, Fat 23g, Carbs 34g, Protein 45g



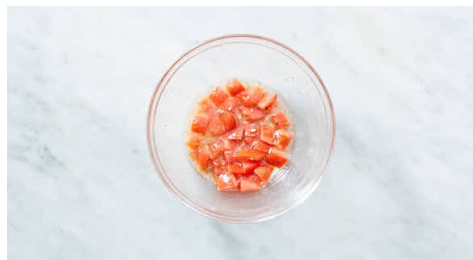
### 1. Prep ingredients

Finely chop **1 teaspoon garlic**. Finely grate **½ teaspoon lemon zest**, then squeeze **1 teaspoon lemon juice** into a medium bowl. Cut any remaining lemon into wedges. Core **tomato**, then cut into ½-inch pieces. Finely chop **dill fronds and stems**.



### 4. CHICKEN VARIATION

Pat **chicken** dry. Heat **a drizzle of oil** in a medium nonstick 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. Stir in **lemon zest** and **remaining garlic**. Remove skillet from heat.



### 2. Marinate tomatoes

To medium bowl with **lemon juice**, add **half of the garlic**, **2 teaspoons oil**, and **a pinch of sugar**; stir to combine. Stir in tomatoes and season to taste with **salt** and **pepper**.



### 5. Finish & serve

Fluff **kale-quinoa blend** with a fork, then transfer mixture and **half of the dill** to bowl with **tomatoes**; stir to combine.

Serve **chicken** over **kale-quinoa blend and tomatoes**. Squeeze **any lemon wedges** on top and drizzle with **a little oil**. Garnish with crumbled **feta** and **remaining dill**. Enjoy!



### 3. Heat quinoa-kale blend

Transfer **quinoa-kale blend** to a microwave-safe bowl. Partially cover with a microwave-safe lid and microwave on high until warm, 2-3 minutes. (Alternatively, heat **1 teaspoon oil** in a small pot over medium; add **quinoa-kale blend** and **1 tablespoon water** to pot. Cook, stirring occasionally, until warm, 3-5 minutes.)



### 6. Want to eat it later?

Transfer **quinoa-kale blend, dill, and chicken** to bowl with **tomatoes**; stir to combine. Season to taste with **salt** and **pepper**. Store in an airtight container in the refrigerator. Just before serving, squeeze **any lemon wedges** on top, drizzle with **a little oil**, and season to taste with **salt** and **pepper**. Crumble **feta** over top.