

DINNERLY



Chicken & Roasted Broccoli Grain Bowl with Tahini Dressing & Mint



under 20min



2 Servings

In our professional opinion, a hearty, wholesome grain bowl is one of the best ways to get your nutrients. One of our favorite grains, farro, is loaded up with roasted broccoli and onions, thinly sliced radish, creamy tahini, and a perfectly jammy egg. We've got you covered!

WHAT WE SEND

- 4 oz farro ¹
- 1 yellow onion
- ½ lb broccoli
- ½ lb pkg chicken breast strips
- 1 oz tahini ¹¹
- 1 radish
- ¼ oz fresh mint
- ¼ oz pkt toasted sesame seeds ¹¹

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- 2 large eggs ³
- apple cider vinegar (or vinegar of your choice)
- sugar

TOOLS

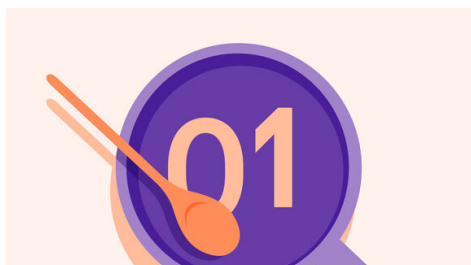
- medium saucepan
- rimmed baking sheet
- medium skillet

ALLERGENS

Wheat (1), Egg (3), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 700kcal, Fat 34g, Carbs 62g, Protein 47g



1. Cook farro

Bring a medium saucepan of **salted water** to a boil. Add **farro** and cook until tender, 18–20 minutes. Drain well; transfer to a large bowl and add **1 tablespoon oil**. Cover to keep warm off heat until ready to serve. Reserve saucepan.

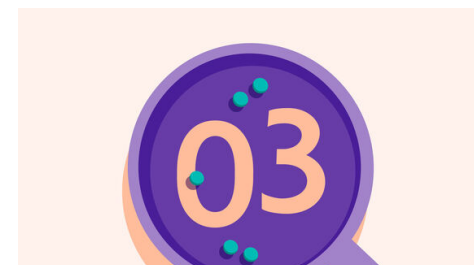


2. Broil veggies

Preheat broiler with a rack in the upper third.

Halve **onion** and cut into ½-inch thick wedges. Cut **broccoli** into florets, if necessary. Toss broccoli and onions on a rimmed baking sheet with **2 tablespoons oil** and **a pinch each of salt and pepper**.

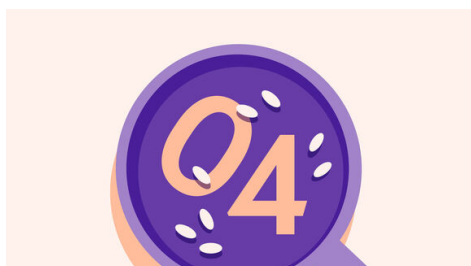
Broil on upper oven rack until charred and tender, 8–10 minutes (watch closely as broilers vary).



3. Cook chicken

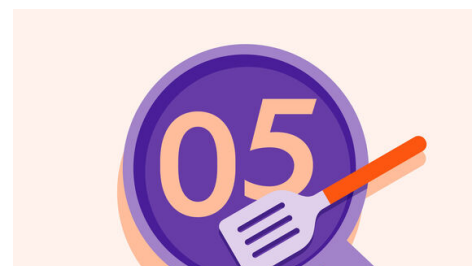
Pat **chicken** dry, then season all over with **salt** and **pepper**.

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.



4. Boil eggs

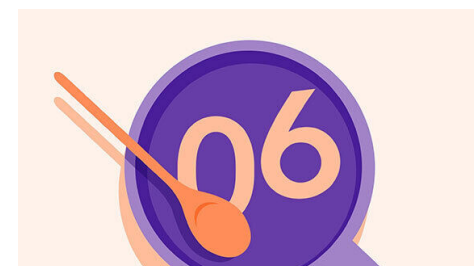
Fill a medium saucepan with **water** and bring to a boil. Carefully add **2 large eggs**; cook until set, about 6 minutes. Using a slotted spoon, transfer eggs to a bowl with **ice water** to cool until ready to serve.



5. Prep ingredients

Meanwhile, in a small bowl, whisk to combine **tahini**, **5 teaspoons water**, **½ teaspoon vinegar**, and **a pinch of sugar** (if too thick, add more water, 1 teaspoon at a time, until it drizzles from a spoon). Season to taste with **salt** and **pepper**.

Thinly slice **radish**. Pick **mint leaves** from stems and coarsely chop; discard stems.



6. Assemble & serve

Peel **eggs** and cut in half. Transfer **farro** to bowls. Top with **chicken**, **broccoli** and **onions**, **radishes**, and **eggs**. Drizzle with **tahini dressing**.

Serve **broccoli grain bowl** garnished with **sesame seeds** and **mint**. Enjoy!