

DINNERLY



Roasted Fall Chicken & Veggie Grain Bowl

with Lemon-Feta Dressing



20-30min



2 Servings

Grain bowls are a delicious and nutritious way to celebrate the bounty of any season! This one showcases organic grains, lean chicken, tart roasted lemon, crisp Brussels sprouts, carrots, and onions. Did we mention creamy feta cheese. It's satisfying and hits all the right notes. We've got you covered!

WHAT WE SEND

- 2 carrots
- ½ lb Brussels sprouts
- 1 red onion
- 1 lemon
- 4 oz farro ¹
- 10 oz pkg boneless, skinless chicken breast
- 2 oz feta ⁷

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- sugar

TOOLS

- microplane or grater
- rimmed baking sheet
- small saucepan
- medium skillet

ALLERGENS

Wheat (1), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 790kcal, Fat 37g, Carbs 72g, Protein 49g

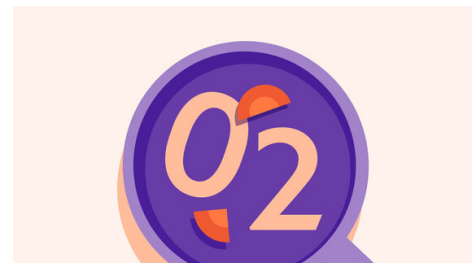


1. Prep ingredients

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

Peel **carrots** and cut on an angle into ¼-inch slices. Trim and halve **Brussels sprouts** (quarter if large). Halve **onion** and cut into ½-inch wedges through the core.

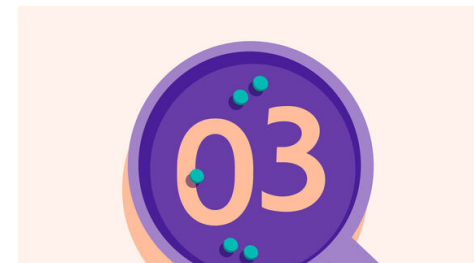
Zest **all of the lemon**, then cut into 4 wedges.



2. Roast vegetables

In a medium bowl, combine **carrots**, **Brussels sprouts**, **onions**, **2 lemon wedges**, **2 tablespoons oil**, **½ teaspoon salt**, and **a few grinds of pepper**. Transfer to a rimmed baking sheet and spread into an even layer; reserve bowl for step 4.

Roast on upper oven rack until tender and lightly browned in spots, 20–25 minutes.



3. Cook farro & chicken

Bring a small saucepan of **salted water** to a boil. Add **farro** and cook until tender, 15–18 minutes. Drain and shake out excess water.

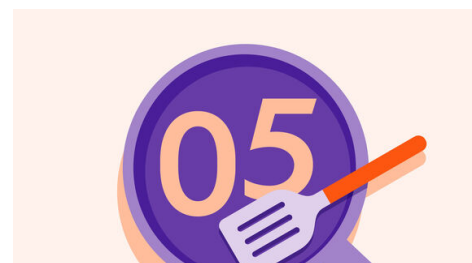
Pat **chicken** dry and season with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken and cook until golden brown and cooked through, 3–4 minutes per side. Transfer to a cutting board to rest, 5 minutes.



4. Make lemon dressing

Carefully transfer **roasted lemon wedges** to reserved bowl. Press with a spoon to squeeze out juice; discard rind and seeds.

Whisk in **half of the feta**, **1 teaspoon lemon zest**, **2½ tablespoons oil**, **1 tablespoon water**, and **¼ teaspoon sugar**. Season to taste with **salt** and **pepper**.



5. Finish & serve

Add **farro** and **roasted vegetables** to bowl with **dressing**; toss to coat. Season to taste with **salt** and **pepper**. Slice **chicken**.

Serve **veggie grain bowl** with **chicken**. Crumble **remaining feta** over top and drizzle with **oil**. Serve **remaining lemon wedges** alongside. 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.