



Low-Cal Grain Bowl with Ready to Heat Chicken

Farro, Spinach, Cranberries & Almonds



under 20min



2 Servings

At Marley Spoon, we love a grain bowl. They're versatile. They're flavorful. What's not to love? This bowl comes together quickly thanks to ready to heat chicken and no-chop-necessary spinach, and is especially delightful because of the fresh mint, tart cranberries, crunchy almonds, and sweet-savory sesame dressing. See what we mean? We think you'll love it too.

What we send

- 4 oz farro ¹
- ½ lb pkg ready to heat chicken
- 1 oz salted almonds ¹⁵
- ¼ oz fresh mint
- 5 oz baby spinach
- 1 oz dried cranberries
- 2 oz sesame dressing ^{1,6,11}

What you need

- kosher salt & ground pepper
- olive oil

Tools

- medium saucepan

Allergens

Wheat (1), Soy (6), Sesame (11), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

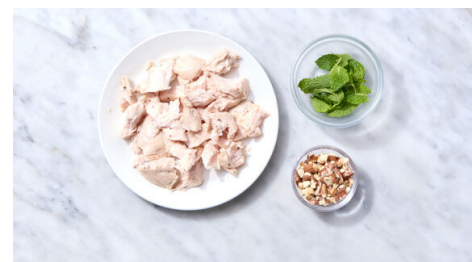
Nutrition per serving

Calories 570kcal, Fat 17g, Carbs 62g, Protein 40g



1. Cook farro

Bring a medium saucepan of **salted water** to a boil. Add **farro** and cook until tender, 18-20 minutes. In a fine mesh sieve, drain and rinse under cold water.



2. Prep salad ingredients

While **farro** cooks, pat **chicken** dry and break into bite-size pieces.

Gently crush **almonds** in packet (with one end open) with a meat mallet or heavy skillet.

Pick **mint leaves** from stems; discard stems. Tear leaves into smaller pieces, if necessary.



3. Assemble & serve

Transfer **spinach** to serving bowls. Toss with **a drizzle of oil** and season with **salt** and **pepper**.

Serve **farro**, **spinach**, and **chicken** drizzled with **sesame dressing**. Top with **mint leaves**, **cranberries**, and **crushed almonds**. Enjoy!



4. ...

Looking for more steps?



5. ...

You won't find them here!



6. ...

Enjoy your Martha Stewart & Marley Spoon meal!