



Mixed Grain Bowl with Seared Chicken Breast

Sweet Potatoes & Yogurt-Chive Dressing



30min



2 Servings

This bowl is a celebration of abundance. It's layered with lean chicken breast, hearty roasted sweet potatoes, peppery arugula, and plum tomatoes, on top of a protein-packed quinoa and brown rice blend. A creamy yogurt-chive dressing ties the bowl together, while smoky almonds add a nutty crunch.

What we send

- garlic
- 5 oz quick-cooking brown rice
- 3 oz tri-color quinoa
- 1 sweet potato
- 1 plum tomato
- ¼ oz fresh chives
- 4 oz Greek yogurt ⁷
- ½ oz whole-grain mustard ¹⁷
- 12 oz pkg boneless, skinless chicken breasts
- 1 oz salted almonds ¹⁵
- 5 oz arugula

What you need

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

Tools

- large saucepan
- fine-mesh sieve
- rimmed baking sheet
- medium skillet

Allergens

Milk (7), Tree Nuts (15), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 1050kcal, Fat 36g, Carbs 119g, Protein 64g



1. Cook grains

Bring a large saucepan of **salted water** to a boil. Finely chop **1 teaspoon garlic**.

Add **rice** to boiling water and cook (like pasta) for 7 minutes. Add **quinoa**; boil rice and quinoa together until both are tender, about 17 minutes. Drain in a fine-mesh sieve, then return to saucepan. Stir in **1 teaspoon oil** and ½ teaspoon of the chopped garlic. Cover to keep warm.



4. Make dressing

Thinly slice **chives**. In a small bowl, stir together **yogurt, whole-grain mustard, 3 tablespoons water, 2 tablespoons of the chives, 1 tablespoon oil, and 1 teaspoon each of sugar and vinegar**. Season to taste with **salt and pepper**.



2. Roast sweet potatoes

Preheat oven to 450°F with a rack in the center. Scrub **sweet potato**, then halve lengthwise and slice into ¼-inch thick half-moons. On a rimmed baking sheet, toss sweet potatoes with **1 tablespoon oil** and **a generous pinch each of salt and pepper**. Roast on center oven rack until tender and browned in spots, stirring once halfway through, 20-22 minutes.



5. Make salad, cook chicken

Add **arugula** and **2 teaspoons oil** to bowl with **tomatoes**; toss to combine. Season to taste with **salt and pepper**.

Pat **chicken** dry and season all over 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.



3. Marinate tomatoes

Core **tomato**, then cut into ½-inch pieces. Transfer tomatoes to a medium bowl. Stir in **1 teaspoon vinegar** and **remaining chopped garlic**. Season to taste with **salt and pepper**.



6. Finish & serve

Coarsely chop **almonds**. Spoon **grains** into bowls and top with **sweet potatoes, chicken, and tomato-arugula salad**. Garnish with almonds and **remaining chives**. Drizzle some of the **dressing** over top, then serve the rest on the side. Enjoy!