

# DINNERLY



## No Chop! Cumin Chicken Kale Bowl with Creamy Za'atar Dressing



under 20min



2 Servings

Dinner needs to be on the table ASAP. Do you A) Order take-out for the umpteenth time? Or B) Make this chicken kale bowl with a za'atar dressing? Personally, we'd choose B. This dish requires absolutely no prepwork—just cook the chicken, heat the quinoa-kale blend, and stir the dressing together. So put your knife away and enjoy your Dinnerly without the stress or mess! We've got you covered!

### WHAT WE SEND

- ½ lb pkg chicken breast strips
- ¼ oz ground cumin
- 10 oz ready to heat quinoa-kale blend
- 2 (1 oz) sour cream <sup>7</sup>
- ¼ oz za'atar spice blend <sup>11</sup>
- 4 oz roasted red peppers

### WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- red wine vinegar (or white wine vinegar)

### TOOLS

- medium skillet
- microwave

### ALLERGENS

Milk (7), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### NUTRITION PER SERVING

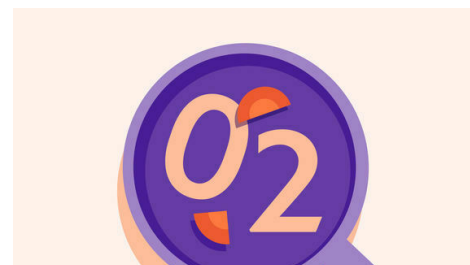
Calories 480kcal, Fat 25g, Carbs 37g, Protein 35g



#### 1. Cook chicken

Pat **chicken** very dry; season all over with **salt, pepper**, and **1 teaspoon cumin**.

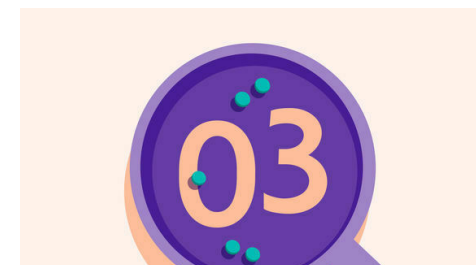
Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken in a single layer and cook, undisturbed, until browned on the bottom, about 3 minutes. Stir and continue cooking until cooked through, about 2 minutes more.



#### 2. Heat kale & make dressing

Meanwhile, add **quinoa-kale blend** to a medium microwave-safe bowl. Cover with a damp paper towel and microwave until heated through, about 2 minutes.

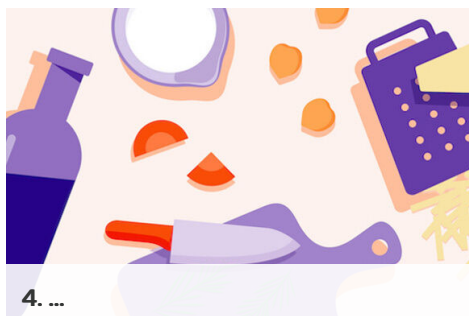
In a small bowl, whisk to combine **all of the sour cream**, **1½ teaspoons za'atar**, **1½ tablespoons water**, and **1 teaspoon vinegar**. Season to taste with **salt** and **pepper**.



#### 3. Finish & serve

Tear **roasted red peppers** into bite-sized pieces, if necessary.

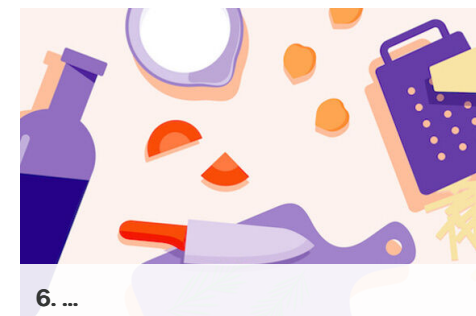
Serve **quinoa-kale blend** in bowls with **cumin chicken** and **roasted red peppers** over top and drizzled with **creamy za'atar dressing**. Enjoy!



What were you expecting, more steps?



You're not gonna find them here!



Kick back, relax, and enjoy your Dinnerly!