

MARLEY SPOON



Fast! Harvest Chicken Grain Bowl

with Delicata Squash & Maple-Tahini Drizzle



ca. 20min



2 Servings

Tonight's dinner is both hearty and nutritious! This harvest bowl uses peak season produce like crisp broccolini and sweet delicata squash. We broil the veggies to develop a caramelized char, then serve it with protein-packed chicken breast and tri-color quinoa. A creamy maple-tahini sauce ties it all together, and crunchy roasted pumpkin seeds and dried cranberries sprinkled over adds a savory-sweet topping.

What we send

- 3 oz tri-color quinoa
- 1 delicata squash
- ¼ oz berbere spice blend
- ½ lb broccolini
- 12 oz pkg boneless, skinless chicken breasts
- 1 oz tahini ¹
- 1 oz maple syrup
- 1 oz dried cranberries
- 1 oz pumpkin seeds

What you need

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

Tools

- small saucepan
- rimmed baking sheet

Allergens

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

Nutrition per serving

Calories 800kcal, Fat 34g, Carbs 77g, Protein 59g



1. Cook quinoa

Preheat broiler with a rack in the upper third.

In a small saucepan, combine **quinoa**, **¾ cup water**, and **½ teaspoon salt**. Bring to a boil. Cover, reduce heat to medium-low, and cook until tender and water is absorbed, 15-20 minutes. Remove from heat. Keep covered until ready to serve.



4. Broil squash & broccolini

Broil **chicken, squash, and broccolini** on upper oven rack, rotating halfway through, until veggies tender and browned in spots and chicken is cooked through, 8-10 minutes total (watch closely as broilers vary).

If veggies are done before chicken is cooked through, transfer veggies to serving dishes and continue broiling chicken until fully cooked.



2. Prep squash

Halve **squash** lengthwise, scoop out and discard seeds, and cut crosswise into ½ inch thick half-moons. In a medium bowl, toss squash with **1 tablespoon oil** and **1 teaspoon berbere spice blend** (or more, depending on heat preference); season with **salt** and **pepper**. Transfer to one half of a rimmed baking sheet.



5. Make maple-tahini sauce

In a small bowl, stir to combine **tahini**, **2 teaspoons maple syrup**, **1 teaspoon oil**, and **½ teaspoon vinegar**. Stir in **1 tablespoon water** at a time as needed to thin sauce. Season to taste with **salt** and **pepper**.



3. Prep broccolini & chicken

Trim **broccolini**, then halve or quarter spears lengthwise, if large. Place on open half of same baking sheet; drizzle with **2 teaspoons oil** and season with **salt** and **pepper**.

Pat **chicken** dry. Season all over with **salt** and **pepper**. Add salmon to baking sheet with broccolini and **squash**, placing directly on sheet.



6. Finish & serve

Fluff **quinoa** with a fork, then spoon into bowls. Arrange **chicken, squash**, and **broccolini** over **quinoa**, then drizzle with **maple-tahini sauce** and sprinkle **cranberries** and **pumpkin seeds** over top. Enjoy!