



Grilled Chicken & Feta-Quinoa Salad

with Zucchini & Red Pepper Relish



30-40min



2 Servings

If you don't have a grill or grill pan, preheat the broiler with a rack 6 inches from the heat source. Place zucchini on a rimmed baking sheet and broil on top oven rack until lightly charred, 3-5 minutes. Heat 1 tablespoon oil in a heavy skillet over medium-high; add chicken and cook until golden brown and cooked through, 3-4 minutes per side.

What we send

- 3 oz white quinoa
- garlic
- 2 oz roasted red peppers
- ¼ oz dried oregano
- 12 oz pkg boneless, skinless chicken breasts
- 1 zucchini
- 2 scallions
- 1 lemon
- 2 oz feta ⁷

What you need

- kosher salt & ground pepper
- red wine vinegar (or apple cider vinegar) ¹⁷
- olive oil

Tools

- grill or grill pan
- medium saucepan
- microplane or grater

Cooking tip

No grill or grill pan? See the front of the recipe card for alternative cooking instructions.

Allergens

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

Nutrition per serving

Calories 640kcal, Fat 34g, Carbs 37g, Protein 50g



THIS IS A CUSTOMIZED RECIPE STEP

We've tailored the instructions below to match your recipe choices. Happy cooking!

1. Cook quinoa

Light a grill to high, if using.

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. Keep covered off heat until step 5.



4. Grill chicken & zucchini

Transfer **chicken** and **zucchini** to grill or grill pan, then reduce heat to medium-high (working in batches, if necessary). Cook, turning occasionally, until chicken is cooked through and zucchini is tender, 5-6 minutes for chicken; 8-10 minutes for zucchini. Transfer chicken to bowl with **red pepper relish** and turn to coat. Transfer zucchini to a plate and cover to keep warm.



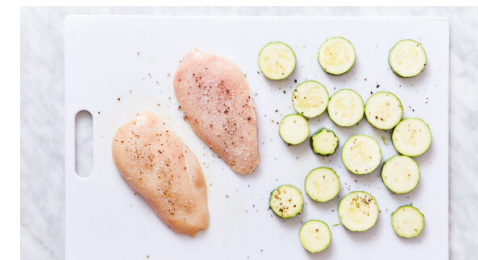
2. Prep red pepper relish

Finely chop **1 teaspoon garlic**. Finely chop **roasted red peppers**. In a medium bowl, stir to combine **chopped peppers and garlic**, **1 tablespoon oil**, **1 teaspoon vinegar**, and **½ teaspoon dried oregano**. Season to taste with **salt and pepper**.



5. Prep quinoa salad

Trim **scallions**, then thinly slice. Finely grate **¼ teaspoon lemon zest** and squeeze **2 teaspoons lemon juice** into a separate medium bowl. To bowl with lemon zest and juice, add **scallions**, **1 tablespoon water**, and **½ teaspoon vinegar**. Whisk in **2½ tablespoons oil** until combined, then stir in **quinoa**. Season to taste with **salt and pepper**.



3. Season chicken & zucchini

Preheat a grill pan over high, if using. Pat **chicken** dry. Trim ends from **zucchini**, then cut into ½-inch thick rounds. Drizzle chicken and zucchini with **oil** and season all over with **salt and pepper**. Lightly oil grill grates or pan.



6. Finish salad & serve

Crumble **feta** into bowl with **quinoa salad**. Transfer **chicken** to plates and spoon **red pepper relish** on top.

Serve **chicken** alongside **zucchini** and **quinoa salad**. Enjoy!