

# 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
- 2 (1 oz) sour cream <sup>7</sup>
- ¼ oz za'atar spice blend <sup>11</sup>
- 4 oz roasted red peppers
- 5 oz baby spinach
- 3 oz tri-color quinoa

### 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 quinoa

In a small saucepan, combine **quinoa**,  $\frac{3}{4}$  **cup water**, and  $\frac{1}{2}$  **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, then add **spinach**; cover until ready to serve.



#### 2. Cook chicken

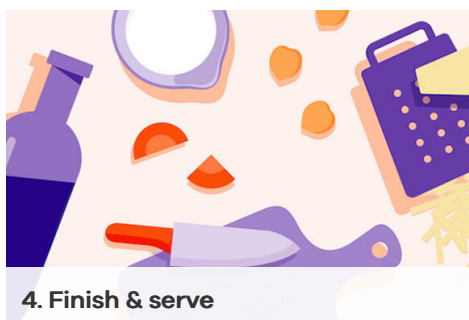
Pat **chicken** very dry; season all over with **salt**, **pepper**, and **1 teaspoon cumin**.

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.



#### 3. Make dressing

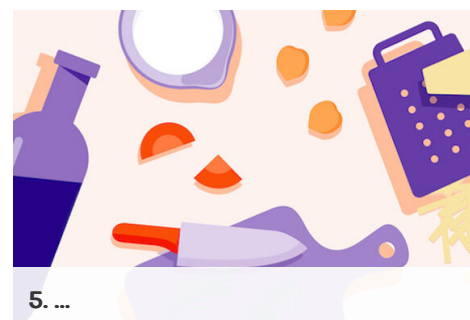
In a small bowl, whisk to combine **all of the sour cream**,  $\frac{1}{2}$  **teaspoons za'atar**,  $\frac{1}{2}$  **tablespoons water**, and **1 teaspoon vinegar**. Season to taste with **salt** and **pepper**.



#### 4. Finish & serve

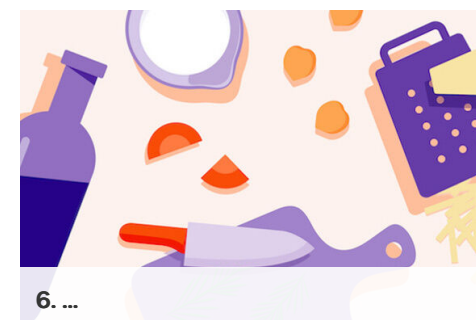
Tear **roasted red peppers** into bite-sized pieces, if necessary.

Fluff **quinoa and spinach** with a fork until spinach is incorporated. Serve **quinoa-spinach blend** in bowls with **cumin chicken** and **roasted red peppers** over top. Drizzle with **creamy za'atar dressing**. Enjoy!



#### 5. ...

What were you expecting, more steps?



#### 6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!