

DINNERLY



No Chop! Cumin Chicken Spinach 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 spinach bowl with a za'atar dressing? Personally, we'd choose B. This dish requires absolutely no prepwork—just cook the chicken, boil the quinoa, 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 ⁷
- ¼ oz za'atar spice blend ¹¹
- 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 440kcal, Fat 19g, 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

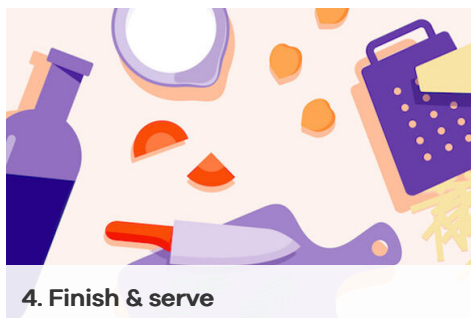
Pat **chicken** very dry; season all over with **salt, pepper**, and **1 teaspoon cumin**.

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!