

DINNERLY



Quinoa-Veggie Hummus Bowl with Chicken

Developed by Our Registered Dietitian



30-40min



2 Servings

Dinnerly's resident dietitian is bringing you meals that are both ultra-satisfying and super nourishing. This bowl is packed with fiber and protein thanks to lean chicken strips, crispy chickpeas & fluffy quinoa. It's also packed with—you guessed it—flavor! The quinoa is tossed in an herby oregano oil, while the veggies get the marinade treatment. Creamy hummus and fresh dill are just the cherry on top. We've got you covered!

WHAT WE SEND

- 3 oz tri-color quinoa
- 15 oz can chickpeas
- 1 green bell pepper
- ½ lb pkg chicken breast strips
- 1 plum tomato
- ¼ oz fresh dill
- ¼ oz dried oregano
- 2 (2 oz) hummus¹

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- red wine vinegar (or vinegar of your choice)
- sugar
- garlic

TOOLS

- medium saucepan
- rimmed baking sheet
- microwave

ALLERGENS

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

NUTRITION PER SERVING

Calories 630kcal, Fat 33g, Carbs 71g, Protein 48g

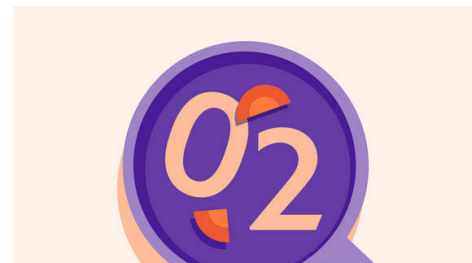


1. Cook quinoa & prep

Preheat broiler with a rack 6 inches from heat.

In a medium saucepan, combine **quinoa**, **¾ cup water**, and **½ teaspoon salt**. Bring to a boil. Cover, reduce heat to medium-low. Cook until tender and water is absorbed, 15–20 minutes. Keep covered, off heat.

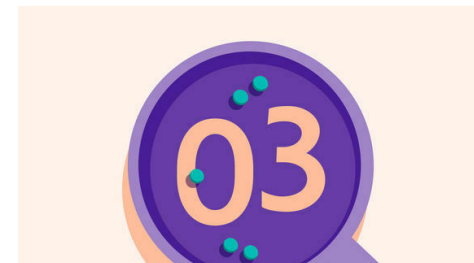
Drain and rinse **chickpeas**. Halve **pepper**; cut into 1-inch pieces. Pat **chicken** dry; season with **salt** and **pepper**.



2. CHICKEN VARIATION

Add **chickpeas** to a rimmed baking sheet; pat dry with paper towels; push to one side of sheet. Add **chicken and peppers** to open side. Toss each with a **generous drizzle of oil** and a **pinch each of salt and pepper**.

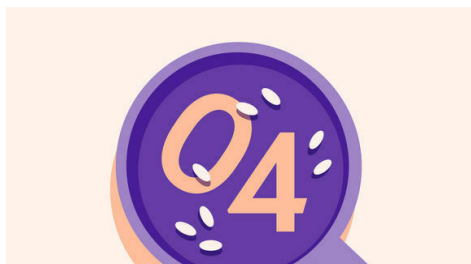
Broil on upper oven rack until peppers are charred in spots, chickpeas are deeply golden, and chicken is cooked through, about 10 minutes (watch closely as broilers vary).



3. Marinate tomatoes

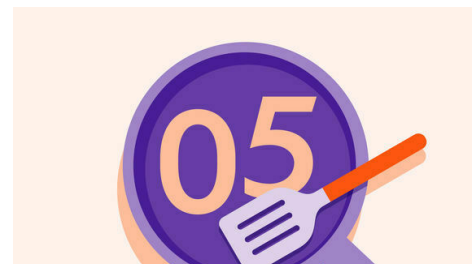
Core **tomato**, then cut into 1-inch pieces. Finely chop **dill fronds and stems**.

In a medium bowl, toss tomatoes with **1 teaspoon vinegar**, **half of the dill**, and a **pinch each of salt, sugar, and pepper**.



4. Make oregano oil

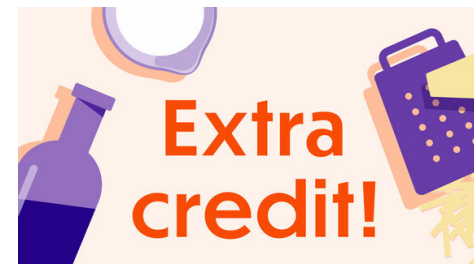
Finely chop **1 teaspoon garlic**. Add to a small microwave-safe bowl along with **1 teaspoon oregano** and **2 tablespoons oil**; season with **salt** and **pepper**. Microwave on high until fragrant and sizzling, about 1 minute.



5. Finish & serve

Transfer **broiled peppers and chicken** to bowl with **marinated tomatoes**; toss to combine. Transfer **broiled chickpeas** to saucepan with **quinoa**. Add **oregano oil**; fluff with a fork to combine.

Serve **chickpeas and quinoa** with **marinated veggies and chicken**. Dollop **hummus** alongside and sprinkle with **remaining dill**. Enjoy!



6. Carbo load!

Serve this dish with pita bread alongside or turn it into a sandwich.