

Family Big Batch: Harvest Bowl Casserole

with Kale and Chicken



2 Servings

What we send

- 3 oz tri-color quinoa
- 4 oz farro ¹
- 2 (12 oz) pkgs boneless, skinless chicken breasts
- ½ lb butternut squash
- 1 oz dried cranberries
- ¼ oz baharat spice blend ¹¹
- 2 pkts chicken broth concentrate
- 1 bunch Tuscan kale
- 2 (1 oz) sliced almonds ¹⁵
- 2 (1 oz) tahini ¹¹

What you need

Tools

Allergens

Wheat (1), Sesame (11), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 0kcal

1.

4.

2.

5.

3.

6.