

DINNERLY



Za'atar Chicken Quinoa Bowl with Hummus Dressing & Feta



20-30min



2 Servings

They say you can't sing with a mouthful of chickpeas, but you can hummus a tune! And we're sure that tune will be perfectly harmonized with za'atar spiced chicken, fluffy quinoa, and lightly pickled onions and cukes. A sprinkling of feta makes everything bettah, then a drizzle of garlicky hummus dressing finishes the plate and fills our hearts with one majorly delicious song. We've got you covered!

WHAT WE SEND

- 3 oz white quinoa
- 1 red onion
- 1 cucumber
- ½ lb pkg chicken breast strips
- 2 oz hummus ¹
- ¼ oz za'atar spice blend ¹
- 2 oz feta ²

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- white wine vinegar (or apple cider vinegar)
- garlic

TOOLS

- small saucepan
- microplane or grater
- medium skillet

ALLERGENS

Sesame (1), Milk (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

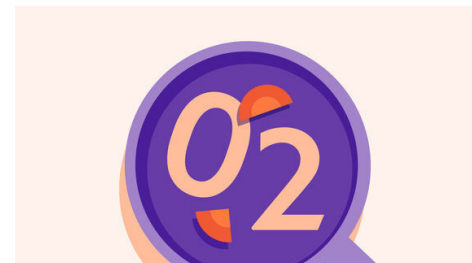
NUTRITION PER SERVING

Calories 710kcal, Fat 46g, Carbs 44g, Protein 39g



1. QUINOA VARIATION

Heat **1 teaspoon oil** in a small saucepan over medium-high. Add **quinoa** and cook, stirring, until golden-brown, about 3 minutes. Add **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 ready to serve.

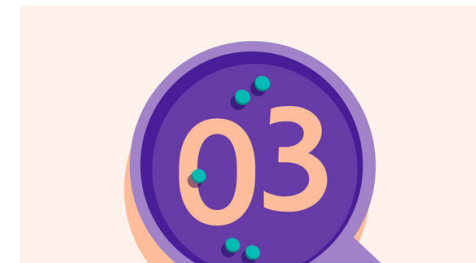


2. Prep ingredients

Halve **onion** and thinly slice half (save rest for own use). Halve **cucumber** lengthwise. Scoop out seeds and cut into ¼-inch half-moons.

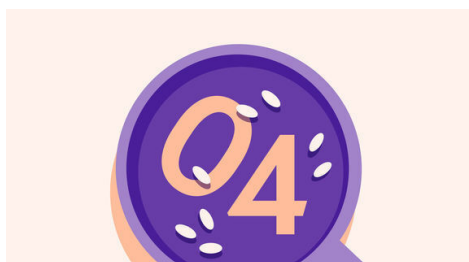
In a small bowl, whisk **1 tablespoon oil**, **2 teaspoons vinegar**, and **a pinch each of salt and pepper**. Add **cucumber and onion**; toss to coat.

Pat **chicken** dry; season all over with **salt and pepper**. Cut into bite-sized pieces if desired.



3. Make hummus dressing

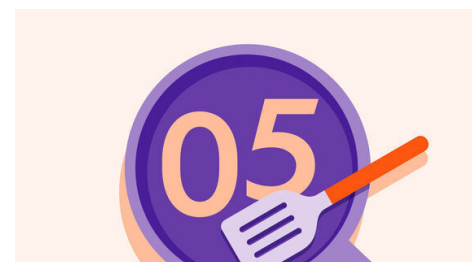
Grate **½ teaspoon garlic** into a small bowl. Add **hummus**, **1 tablespoon oil**, **½ tablespoon vinegar**, and **1 tablespoon water** and whisk until smooth. Add more water, 1 teaspoon at a time, until **dressing** is a drizzling consistency. Set aside.



4. Cook chicken

In a medium bowl, whisk together **1 tablespoon za'atar spice blend** and **1 tablespoon oil**. Add **chicken** and mix until well coated.

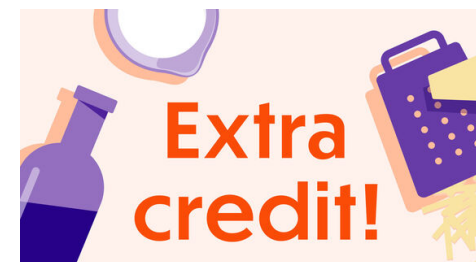
Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken in a single layer and cook, undisturbed, until browned on the bottom, about 3 minutes. Stir and cook until cooked through, about 2 minutes more.



5. Finish & serve

Crumble **feta**.

To serving bowls, add **quinoa**, **marinated cucumbers and onions**, and **chicken**. Drizzle **hummus dressing** over each bowl and top with **crumbled feta**. Enjoy!



6. Sustainability facts

Research shows that about ⅓ of food in US grocery stores is thrown out. We only buy what we need, when we need it, which is why <1% of our food goes to waste. On top of that, we are committed to cutting our food loss and waste by another 50% by 2030.