



Seared Chicken Grain Bowl with Asparagus

Snap Peas, Spinach & Ginger-Miso Dressing



1h



2 Servings

If you don't have a grill or grill pan, preheat the broiler with top rack 6 inches from the heat source. Heat 1 tablespoon oil in a medium, heavy skillet over medium-high. Add chicken and cook until golden-brown, 2-3 minutes per side. On a rimmed baking sheet, toss asparagus with oil, salt, and pepper; broil on top oven rack until asparagus is tender and browned in spots, 4-6 minutes.

What we send

- 5 oz brown rice
- 3 oz tri-color quinoa
- 1 piece fresh ginger
- 1 oz rice vinegar
- 0.63 oz miso paste ¹
- 4 oz snap peas
- 2 scallions
- ½ lb asparagus
- 12 oz pkg boneless, skinless chicken breasts
- 5 oz baby spinach

What you need

- kosher salt & pepper
- sugar
- neutral oil

Tools

- grill or grill pan
- large saucepan
- fine-mesh sieve
- microplane or grater

Allergens

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

Nutrition per serving

Calories 640kcal, Fat 22g, Carbs 63g, Protein 51g



1. Cook grains

Preheat grill to medium-high. Bring a large saucepan of **salted water** to a boil. Add **brown rice** to boiling water and cook (like pasta) for 20-23 minutes. Stir in **quinoa**, and boil together until both rice and quinoa are tender, about 17 minutes more. Drain using a fine-mesh sieve, then return to saucepan. Cover to keep warm.



2. Make dressing

Peel and finely grate **1 teaspoon of the ginger** into a small bowl. Add **rice vinegar, miso, 1 teaspoon sugar, and 3 tablespoons oil**. Season to taste with **salt, and pepper** and whisk until smooth.



3. Prep ingredients

Trim ends from **snap peas** and **scallions** and thinly slice each on an angle. Trim bottom 2-inches from **asparagus**.



4. Prep chicken

Pat **chicken** dry and pound to an even ½-inch thickness, if desired. Rub chicken with **oil** and season all over with **salt and pepper**.



5. Grill chicken & asparagus

Heat a grill pan over medium-high, if using. Add **chicken** and **asparagus** to grill or grill pan and cook, turning occasionally, until chicken is lightly charred and cooked through, 5-7 minutes, and asparagus is charred and crisp-tender, 5-6 minutes. Transfer to a cutting board and let sit for 5 minutes. Halve asparagus crosswise and cut chicken into ½-inch thick slices.



6. Finish & serve

In a medium bowl, toss **spinach** with **2 tablespoons dressing** and transfer to bowls. Spoon **half of the grains** on top (save remaining grains for your next meal!) and add **chicken, asparagus, snap peas, and scallions**. Drizzle with **remaining dressing**. Enjoy!