



Harvest Grain Bowl with Readymade Chicken

Kale & Butternut Squash



45min



2 Servings

It's harvest season! And you know what that means—hearty fall veggies are back! Sweet roasted squash, vitamin-packed kale, and tangy dried cranberries are officially showing off in this easy to assemble grain bowl. For our base, we've gone with a blend of chewy farro and fluffy quinoa, then we top it with the veggies, ready to eat chicken, and a creamy tahini dressing. (2-p serves 4; 4-p serves 8)

What we send

- ½ lb butternut squash
- 4 oz farro ³
- 2 (3 oz) tri-color quinoa
- 1 bunch curly kale
- 1 oz roasted almonds ²
- garlic
- 1 lemon
- 2 (1 oz) tahini ¹
- ¼ oz all-purpose spice blend
- 2 (½ lb) pkgs ready to heat chicken
- 1 oz dried cranberries

What you need

- kosher salt & ground pepper
- olive oil

Tools

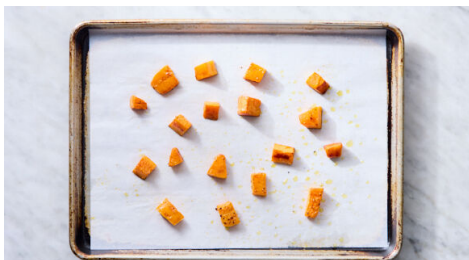
- medium saucepan
- parchment paper
- rimmed baking sheet
- microplane or grater

Allergens

Sesame (1), Tree Nuts (2), Wheat (3).
May contain traces of other allergens.
Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 650kcal, Fat 23g, Carbs 64g, Protein 43g



1. Prep & roast squash

Preheat oven to 425°F with a rack in the center. Bring a medium saucepan of **salted water** to a boil. Cut **squash** into 1-inch pieces, if necessary. Add squash to a parchment-lined rimmed baking sheet and toss with **1 tablespoon oil**. Season with **salt** and **pepper**. Bake on center rack until tender and starting to brown, 20-25 minutes.



4. Prep & roast kale

In a bowl, season **kale** with **salt** and **pepper**, then massage with **1 tablespoon oil**. Remove **squash** from oven and add massaged kale to baking sheet with squash. Bake until kale has browned slightly, 10-12 minutes more.



2. Cook grains; finish prep

To saucepan with boiling water, add **farro** and **quinoa** and cook until tender, 18-20 minutes. Drain, return to saucepan, and set aside.

Remove **kale leaves** from stems and rip into 1-inch pieces.

Coarsely chop **almonds**.



5. Season grains

To saucepan with **grains**, add **2 teaspoons all purpose spice**. Season to taste with **salt** and **pepper**.



3. Make dressing

Meanwhile, finely grate **½ teaspoon garlic** into a small bowl. Grate **zest of half the lemon** and squeeze **2 teaspoons juice** into bowl with garlic. Add **tahini** and **3 tablespoons water**. Whisk until dressing is smooth and pourable, thinning out with more water if needed. Season to taste with **salt** and **pepper**.

Cut any remaining lemon into wedges for serving.



6. Serve

Cut or tear **chicken** into 1-inch pieces.

Divide **grains** among bowls and top with **squash, kale, chicken, chopped almonds, dried cranberries, and tahini dressing**. Squeeze **extra lemon** overtop, if desired. Enjoy!