

# MARLEY SPOON



## Fast! Harvest Chicken Grain Bowl

with Delicata Squash & Maple-Tahini Drizzle



ca. 20min



2 Servings

Tonight's dinner is both hearty and nutritious! This harvest bowl uses peak season produce like crisp broccolini and sweet delicata squash. We broil the veggies to develop a caramelized char, then serve it with protein-packed chicken breast and tri-color quinoa. A creamy maple-tahini sauce ties it all together, and crunchy roasted pumpkin seeds and dried cranberries sprinkled over adds a savory-sweet topping.



## What we send

- 3 oz tri-color quinoa
- 1 delicata squash
- ¼ oz berbere spice blend
- ½ lb broccolini
- 12 oz pkg boneless, skinless chicken breasts
- 1 oz tahini <sup>1</sup>
- 1 oz maple syrup
- 1 oz dried cranberries
- 1 oz pumpkin seeds

## What you need

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

## Tools

- small saucepan
- rimmed baking sheet

## Allergens

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

## Nutrition per serving

Calories 800kcal, Fat 34g, Carbs 77g, Protein 59g



### 1. Cook quinoa

Preheat broiler with a rack in the upper third.

In a small saucepan, combine **quinoa**, **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. Remove from heat. Keep covered until ready to serve.



### 4. Broil squash & broccolini

Broil **chicken, squash, and broccolini** on upper oven rack, rotating halfway through, until veggies tender and browned in spots and chicken is cooked through, 8-10 minutes total (watch closely as broilers vary).

If veggies are done before chicken is cooked through, transfer veggies to serving dishes and continue broiling chicken until fully cooked.



### 2. Prep squash

Halve **squash** lengthwise, scoop out and discard seeds, and cut crosswise into ½ inch thick half-moons. In a medium bowl, toss squash with **1 tablespoon oil** and **1 teaspoon berbere spice blend** (or more, depending on heat preference); season with **salt** and **pepper**. Transfer to one half of a rimmed baking sheet.



### 5. Make maple-tahini sauce

In a small bowl, stir to combine **tahini**, **2 teaspoons maple syrup**, **1 teaspoon oil**, and **½ teaspoon vinegar**. Stir in **1 tablespoon water** at a time as needed to thin sauce. Season to taste with **salt** and **pepper**.



### 3. Prep broccolini & chicken

Trim **broccolini**, then halve or quarter spears lengthwise, if large. Place on open half of same baking sheet; drizzle with **2 teaspoons oil** and season with **salt** and **pepper**.

Pat **chicken** dry. Season all over with **salt** and **pepper**. Add salmon to baking sheet with broccolini and **squash**, placing directly on sheet.



### 6. Finish & serve

Fluff **quinoa** with a fork, then spoon into bowls. Arrange **chicken, squash**, and **broccolini** over **quinoa**, then drizzle with **maple-tahini sauce** and sprinkle **cranberries** and **pumpkin seeds** over top. Enjoy!