# MARLEY SPOON



# **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 <sup>2</sup>
- qarlic
- 1 lemon
- 2 (1 oz) tahini <sup>1</sup>
- 1/4 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**

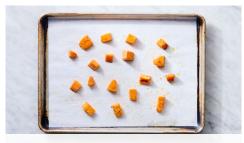
- medium saucepan
- parchment paper
- rimmed baking sheet
- microplane or grater

#### **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.



# 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**.



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.



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.



5. Season grains

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



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!