



Spring Chicken Grain Bowl

with Ginger-Miso Dressing



20-30min



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 quick-cooking brown rice
- 3 oz tri-color quinoa
- 1 oz fresh ginger
- 1 oz rice vinegar
- 2 oz white miso (use 2 Tbsp)
1,6
- 4 oz snap peas
- 1 oz scallions
- ½ lb asparagus
- 12 oz pkg boneless, skinless chicken breasts
- 3 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

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Wheat (1), Soy (6). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 680kcal, Fat 28g, Carbs 58g, Proteins 49g



1. Cook grains

Light a grill, if using. Bring a large saucepan of **salted water** to a boil. Add **brown rice** to boiling water and cook (like pasta) for 7 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**, **2 tablespoons of the 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!