

DINNERLY



Spiced Roasted Chickpea Grain Bowl with Red Pepper Pesto



under 20min



2 Servings

You wanna talk nutritious and delicious? We're coating chickpeas in piri piri—a mildly spicy, super flavorful spice blend—and roasting them into crispy little morsels of goodness. With our ready-to-heat kale-quinoa blend and pre-made red pepper pesto, all that's left to do is slice some radishes and fry some eggs. You can thank us later. We've got you covered!

WHAT WE SEND

- 15 oz can chickpeas
- ¼ oz piri piri spice blend
- 10 oz ready to heat quinoa/kale blend
- 2 oz red radish
- 4 oz roasted red pepper pesto ⁷

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- 2 large eggs ³

TOOLS

- rimmed baking sheet
- microwave
- medium nonstick skillet

COOKING TIP

If you don't have a microwave, heat 1 teaspoon oil in a small pot over medium; add quinoa-kale blend and 1 tablespoon water. Cook, stirring occasionally, until warm, 3–5 minutes.

ALLERGENS

Egg (3), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 720kcal, Fat 52g, Carbs 66g, Protein 28g



1. Prep chickpeas

Preheat broiler with a rack in the top position.

Rinse and drain **chickpeas**; wrap in a clean kitchen towel and pat dry. Toss on a rimmed baking sheet with **2 teaspoons piri piri** (save rest for own use) and **1 tablespoon oil**; season with **salt** and **pepper**.



2. Broil chickpeas

Broil **chickpeas** on top oven rack, shaking sheet occasionally (be careful, chickpeas may spurt oil), until golden-brown and crisp on the outside, 7–10 minutes (watch closely as broilers vary).



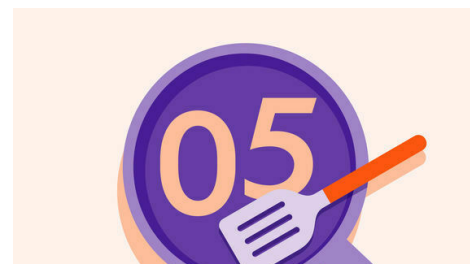
3. Heat quinoa-kale blend

While **chickpeas** cook, transfer **quinoa-kale blend** to a microwave-safe bowl. Partially cover and microwave on high until warmed through, 2–3 minutes. Add **1 tablespoon oil** and season with **salt** and **pepper**; fluff with a fork. Cover to keep warm until step 5.



4. Fry eggs

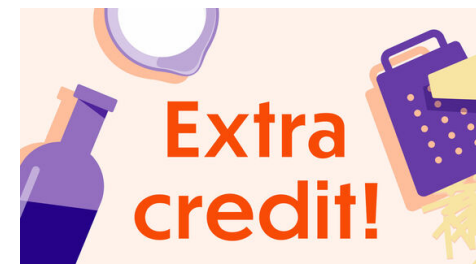
Heat **2 tablespoons oil** in a medium nonstick skillet over high. Crack **2 large eggs** into skillet; season with **salt** and **pepper**. Cook until edges begin to brown, whites are just set, and yolks are still runny, about 2 minutes.



5. Assemble & serve

Cut **radishes** into thin rounds or matchsticks. Divide **quinoa-kale blend** between bowls. Top with **sliced radishes**, **chickpeas**, and **fried eggs**.

Serve **chickpea grain bowl** with **red pepper pesto** drizzled over top. Enjoy!



6. Make it meaty!

We made this a meatless meal on purpose, but if you have carnivores at the table, check out our handy protein packs! Top this chickpea grain bowl with sliced chicken breast or sautéed grass-fed ground beef.