

MARLEY SPOON



Gluten-Free Veggie Grain Bowl

with Almonds, Cherries & Goat Cheese

 20-30min  2 Servings

Good-for-you food can also be comfort food and this grain bowl is the proof! A gluten-free grain mix including protein-packed quinoa and nutrient-dense wild rice serves as the foundation to the roasted cold-weather veggies including Brussels sprouts and butternut squash. Almonds, dried cherries, crumbled goat cheese, and pickled shallots turn the humble grain bowl into an elevated weeknight tre...

What we send

- Brussels sprouts
- cubed butternut squash
- dried cherries
- shallot
- thyme
- 1.4 oz feta cheese ⁷
- 1 oz smoked almonds ^{6,15}
- 5 oz quick-cooking brown rice
- 3 oz tri-color quinoa

What you need

- apple cider vinegar
- kosher salt & ground pepper
- olive oil
- sugar

Tools

- fine-mesh sieve
- rimmed baking sheet
- small saucepan

Allergens

Soy (6), Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 890kcal, Fat 55g, Carbs 82g, Protein 21g



1. Pickle shallots

Preheat oven to 450°F with a rack in the center. Peel **shallot**, then halve and thinly slice (about $\frac{3}{4}$ cup). In a small bowl, combine **$\frac{1}{4}$ cup sliced shallot, 1 teaspoon sugar, $\frac{1}{2}$ teaspoon salt, and 2 tablespoons vinegar**. Let sit until step 6.



4. Roast veggies

On a rimmed baking sheet, toss **Brussels sprouts, butternut squash, chopped thyme, and remaining shallots** with **$1\frac{1}{2}$ tablespoons oil, and a generous pinch each salt and pepper**. Roast on center rack until tender and golden in spots, stirring halfway through, 16-21 minutes.



2. Cook grains

Bring a small saucepan of **salted water** to a boil. Add **grains** and cook, stirring occasionally, until grains are tender, about 16 minutes. Drain in a fine-mesh sieve and return to the saucepan. Cover to keep warm.



5. Prep garnish & dressing

Coarsely chop **cherries** and **almonds**. Crumble **goat cheese**. Add **$\frac{1}{4}$ cup oil to pickled shallots**, season with **a few grinds pepper**, and stir to combine.



3. Prep ingredients

Meanwhile, cut **Brussels sprouts** crosswise into $\frac{1}{3}$ -inch slices, discarding stem ends. Cut **butternut squash** into $\frac{1}{2}$ -inch cubes if necessary. Chop **$1\frac{1}{2}$ teaspoons thyme leaves** (save rest for own use).



6. Assemble & serve

Pour **dressing** and **pickled shallots** over **vegetables** and toss to combine. Spoon **grains** into bowls and top with **vegetables** and **any remaining dressing**. Garnish with **cherries, almonds, goat cheese, and a drizzle of oil**. Enjoy!