

DINNERLY



NO ADDED GLUTEN

FAST

Asparagus & Tomato Quinoa Bowl with Feta & Garlic-Dill Chickpeas

 20-30min  2 Servings

One of our favorite ways to Dinnerly is making a whole lot of tasty things, making them tastier with fresh herbs and creamy cheese, then tossing them together bowl-style. This is clean-eating in terms of the mighty grain quinoa balanced with plenty of protein and veggies. But, it's up to you to walk away from the table without a dribble of vinaigrette running down your shirt... We've got you co...

WHAT WE SEND

- asparagus
- plum tomatoes
- white quinoa
- feta cheese ⁷
- garlic
- canned chickpeas
- fresh dill

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- red wine vinegar

TOOLS

- fine-mesh sieve
- rimmed baking sheet
- saucepan

ALLERGENS

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

NUTRITION PER SERVING

Calories 830kcal, Fat 46g, Carbs 86g, Proteins 26g



1. Cook quinoa

Peel and finely chop **1 teaspoon garlic**. Heat **1 tablespoon oil** in a small saucepan over medium. Add **½ teaspoon of the chopped garlic** and cook, stirring until fragrant, about 1 minute. Add **quinoa, ¾ cup water**, and **¼ teaspoon salt**; bring to a boil. Cover and cook over low until quinoa is tender and water is absorbed, about 15 minutes.



4. Broil veggies

Toss **chickpeas** and **asparagus** on a rimmed baking sheet with **1 tablespoon oil**; season with **salt** and **pepper**. Broil on top oven rack until asparagus are crisp-tender and chickpeas are warm, about 4 minutes. Toss with **remaining garlic**, then broil until garlic is fragrant, 1–2 minutes (watch closely). Toss with **half of the chopped dill**.



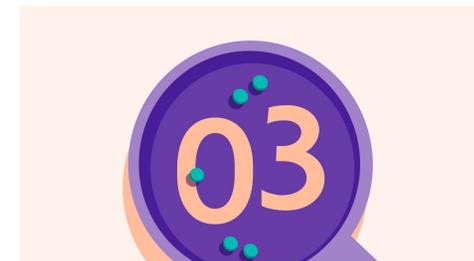
2. Prep ingredients

While **quinoa** cooks, preheat broiler with top rack 6 inches from heat source. Trim and discard 2 inches from ends of **asparagus**, then cut crosswise into thirds. Core **tomato**, then halve lengthwise and thinly slice crosswise into half-moons. Rinse and drain **chickpeas**. Pick **dill fronds** from stems, then finely chop, discarding stems. Crumble **feta**.



5. Finish & serve

Fluff **quinoa** with a fork, then stir in **half of crumbled feta**. Serve **quinoa** topped with **asparagus, garlic-dill chickpeas**, and **marinated tomatoes**. Drizzle with **vinaigrette**, then garnish with **remaining feta and chopped dill**. Enjoy!



3. Marinate tomatoes

In a medium bowl, stir to combine **1 tablespoon vinegar**, **1 teaspoon water**, and **3 tablespoons oil**. Toss tomatoes in bowl with vinaigrette; season to taste with **salt** and **pepper**.



6. Make it meaty!

We love our veggies, but we understand if you want to amp up the protein count in this one. Sear up some chicken or shrimp seasoned with a medley of dried herbs like oregano, parsley, and basil to keep with the theme.