DINNERLY



Garlic-Dill Asparagus & Chickpea Quinoa Bowl

with Marinated Tomatoes & Feta



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 covered!

WHAT WE SEND

- · 3 oz white quinoa
- ½ lb asparagus
- 1 plum tomato
- · 15 oz can chickpeas
- ¼ oz fresh dill
- · 2 oz feta 7

WHAT YOU NEED

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

TOOLS

- · rimmed baking sheet
- small saucepan

ALLERGENS

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

NUTRITION PER SERVING

Calories 620kcal, Fat 43g, Carbs 63g, Protein 23g



1. Cook quinoa

Finely chop 1 teaspoon garlic.

Heat 1 tablespoon oil in a small saucepan over medium. Add half 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 over high heat. Cover and cook over low heat until quinoa is tender and water is absorbed, about 15 minutes.



2. Prep ingredients

Meanwhile, preheat broiler with a rack in the top position.

Trim and discard woody ends from asparagus (about 2 inches), then cut into thirds. Core tomato and halve lengthwise, then thinly slice into half-moons. Rinse and drain chickpeas. Pick dill fronds from stems and finely chop, discarding stems. Crumble feta.



3. Marinate tomatoes

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



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 chopped garlic**, then broil until garlic is fragrant, 1–2 minutes (watch closely as broilers vary). Toss with **half of the chopped dill**.



5. Finish quinoa & serve

Fluff **quinoa** with a fork, then stir in **half of the feta**.

Serve quinoa topped with asparagus, chickpeas, and marinated tomatoes.

Drizzle with vinaigrette and sprinkle with remaining feta and dill. Enjoy!



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.