



## Tahini Plant Chicken Grain Bowl

with Snap Peas & Grape Tomatoes



30-40min



2 Servings

Plant-based chicken is perfect for soaking up flavors like a nutty tahini dressing. Brown rice and quinoa make up the hearty base of this grain bowl, which we also top with marinated cucumber and tomatoes and thinly sliced snap peas.

## What we send

- 5 oz quick-cooking brown rice
- 3 oz tri-color quinoa
- garlic
- 1 lemon
- 1 oz tahini <sup>11</sup>
- 6 oz grape tomatoes
- 1 cucumber
- 4 oz snap peas
- 8 oz pkg plant-based chicken <sup>6</sup>

## What you need

- kosher salt & ground pepper
- olive oil

## Tools

- large saucepan
- fine-mesh sieve
- microplane or grater
- medium nonstick skillet

## Allergens

Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

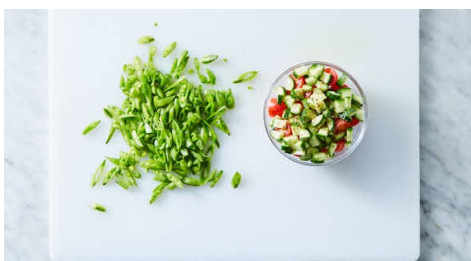
## Nutrition per serving

Calories 980kcal, Fat 45g, Carbs 107g, Protein 40g



### 1. Cook grains

Bring a large saucepan of **salted water** to a boil. Add **rice** and boil for 7 minutes, then add **½ cup quinoa** and boil both rice and quinoa together until tender, about 17 minutes more. Drain through a fine-mesh sieve and return to saucepan.



### 4. Prep veggies

Cut **tomatoes** in half and transfer to a small bowl. Trim ends from **cucumber** (peel if desired), then cut into ¼-inch pieces. Add cucumbers to tomatoes. Stir in **½ teaspoon of the reserved lemon dressing** and season with **a pinch each salt and pepper**. Trim ends from **snap peas**, then thinly slice on an angle.



### 2. Prep dressing

While **grains** cook, finely grate **½ teaspoon garlic**. Into a small bowl, grate **¼ teaspoon lemon zest** and squeeze **2 tablespoons lemon juice**. Add **2 tablespoons oil** and ¼ teaspoon of the garlic; whisk to combine. Reserve 1 tablespoon of the lemon dressing in a small bowl and set aside for steps 4 and 6.



### 5. PLANT CHICKEN VARIATION

Cut **plant-based chicken** into ½-inch pieces, if necessary. Heat **2 tablespoons oil** in a medium nonstick skillet over medium-high heat until shimmering. Add chicken, season with **salt**, and cook until golden and warmed through, turning occasionally, 5-6 minutes. Add **snap peas** and **remaining ¼ teaspoon garlic** and cook, about 1 minute.



### 3. Make tahini sauce

Into bowl with **remaining 3 tablespoons lemon dressing**, whisk **tahini** and **2 tablespoons water** until smooth. Sauce will thicken as you stir.



### 6. Finish & serve

Stir **remaining lemon dressing** into **grains**. Serve **grains** topped with **plant-based chicken, snap peas, tomato-cucumber mixture**, and **a drizzle of tahini sauce**. Enjoy!