

# DINNERLY



## Plant-Based Chicken & Veggies 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 <sup>7</sup>
- 8 oz pkg plant-based chicken <sup>6</sup>

### WHAT YOU NEED

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

### TOOLS

- rimmed baking sheet
- small saucepan

### ALLERGENS

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

### NUTRITION PER SERVING

Calories 760kcal, Fat 46g, Carbs 71g, Protein 46g



#### 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.



#### 4. PLANT CHICKEN VARIATION

Toss **plant chicken, chickpeas** and **asparagus** on a rimmed baking sheet with **1 tablespoon oil**; season with **salt** and **pepper**.

Broil on top oven rack until lightly browned, about 4 minutes. Toss with **remaining chopped garlic**, then broil until garlic is fragrant and warmed through, about 2 minutes (watch closely as broilers vary). Toss with **half of the chopped dill**.



#### 2. Prep ingredients

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

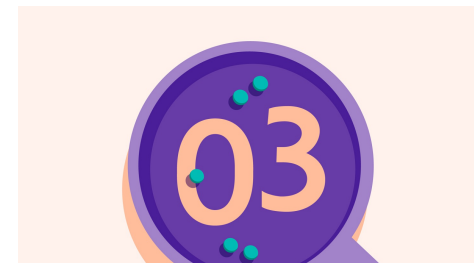
Trim and discard woody ends from **asparagus** (about 2 inches), then cut into thirds. Core **tomato** and halve lengthwise, then thinly slice into half-moons. Rinse and drain **chickpeas**. Pick **dill fronds** from stems and finely chop, discarding stems. Crumble **feta**.



#### 5. Finish quinoa & serve

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

Serve **quinoa** topped with **plant-based chicken, asparagus, chickpeas**, and **marinated tomatoes**. Drizzle with **vinaigrette** and sprinkle with **remaining feta and dill**. Enjoy!



#### 3. Marinate tomatoes

To a medium bowl, add **tomatoes, 3 tablespoons oil, 1 tablespoon vinegar**, and **1 teaspoon water**; toss to coat. Season to taste with **salt** and **pepper**.

Break **plant-based chicken** into bite-sized pieces.



#### 6. Check us out!

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