



Fennel & Quinoa Salad with Fried Chickpeas

Celery, Almonds & Feta



20-30min



2 Servings

This dish started as a crunchy side salad with strips of fennel and celery. Then we added quinoa, feta, and chickpeas, and voila! Dinner was served. We crisped chickpeas in oil and dusted them with cumin. We wanted to use all of the fennel this time, including fronds—the feathery top—for a hint of green and anise.

What we send

- 3 oz tri-color quinoa
- 1 shallot
- 1 bulb fennel
- 2 oz celery
- 15 oz can chickpeas
- ¼ oz ground cumin
- 1 oz salted almonds ¹⁵
- 2 (2 oz) feta ⁷
- 1 (¼ oz) Dijon mustard

What you need

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

Tools

- small saucepan
- large skillet

Allergens

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

Nutrition per serving

Calories 790kcal, Fat 55g, Carbs 77g, Protein 30g



1. Cook quinoa

Rinse **quinoa** in a fine-mesh sieve. Place in a small saucepan with **1 cup water** and **a pinch salt**. Bring to a boil. Reduce heat to low and cook, covered, until quinoa is tender and water is absorbed, about 18 minutes. Keep covered off heat.



4. Fry chickpeas & quinoa

Rinse and drain **chickpeas**.

Heat **2 tablespoons oil** in a large skillet over medium-high. Add **chickpeas** and **2 teaspoons cumin**; season with **salt**.

Cook, shaking skillet occasionally, until crispy, 4–6 minutes. Add **quinoa** and cook, shaking skillet occasionally, until quinoa starts to pop, about 2 minutes more.



2. Make dressing

Thinly slice **shallot**. Separate into rings and place in a large bowl. Whisk in **Dijon mustard** and **2 tablespoons each of vinegar and oil**. Season to taste with **salt** and **pepper**.



5. Finish salad & serve

Add **chickpeas and quinoa** to bowl with **fennel and celery**. Season with **salt** and **pepper** and toss to combine. Roughly chop **almonds**.

Serve **quinoa salad** with **almonds** and **crumbled feta** sprinkled over top. Drizzle with **olive oil**. Enjoy!



3. Prep vegetables

Trim root and **fennel fronds** from **fennel bulb**; discard root. Finely chop fronds and thinly slice bulb. Thinly slice **celery**.

Add fennel fronds, bulb, and celery to bowl with **shallot dressing**.



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