



Plant Chicken Macro Quinoa Bowl

with Turmeric-Tahini Dressing



40min



2 Servings

Colorful and hearty, this plant-based bowl makes balancing macronutrients more delicious than ever. Nutritious powerhouses beet and kale roast to tender perfection before resting on fluffy quinoa. Sesame seeds delicately flavor edamame beans that heat up in a flash while we make the ultimate tahini dressing with turmeric and pickled ginger juice for a vibrant flavor. Healthy proteins, carbs and fats all in one vegan bowl!

What we send

- 3 oz tri-color quinoa
- 1 red beet
- 1 bunch curly kale
- ½ oz tamari soy sauce ⁶
- 2 (1 oz) tahini ¹¹
- 1 oz fresh ginger
- ¼ oz turmeric
- ¼ oz pkt toasted sesame seeds ¹¹
- 2½ oz edamame ⁶
- ½ oz toasted sesame oil ¹¹
- 8 oz pkg plant-based chicken ⁶

What you need

- kosher salt & ground pepper
- olive oil

Tools

- small saucepan
- rimmed baking sheet
- medium skillet
- microwave

Cooking tip

Want to see helpful cooking tips, tricks, and bonus Marley Spoon content? Follow us on Instagram @marleyspoon or TikTok @marleyspoonus for more!

Allergens

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

Nutrition per serving

Calories 870kcal, Fat 49g, Carbs 62g, Protein 46g



1. Make quinoa

Preheat oven to 425° F with a rack in the center.

In a small saucepan, combine **quinoa**, **¾ cup water**, and **½ teaspoon salt**. Cover and bring to a boil. Reduce heat to a simmer and cook until water is absorbed and quinoa is tender, about 17 minutes. Keep covered until ready to serve.

Peel **beet** and cut into ½-inch pieces. Break **plant chicken** into bite-size pieces.



4. Make dressing

Finely grate ½ teaspoon ginger. In a small bowl, combine **tahini**, **grated ginger**, **1 teaspoon turmeric**, and **2 tablespoons water**. Whisk until combined and season to taste with **salt** and **pepper**. If **dressing** is too thick, whisk in **water**, 1 teaspoon at a time, until the desired consistency.



2. Cook beets, plant chicken

Add **beets** to a rimmed baking sheet; toss with **1 tablespoon oil** and season with **salt** and **pepper**. Roast on center oven rack for 10 minutes.

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **plant chicken** and cook, stirring, until golden and warmed through, 3-5 minutes. Transfer to a plate.



5. Heat edamame

Crush **sesame seeds** in a small bag with a heavy object to release oils, if desired.

Add **edamame** to a microwave-safe bowl. Cover with a damp paper towel and microwave until warmed through, about 2 minutes. Toss with **sesame seeds**, **1 teaspoon sesame oil**, and **a pinch of salt**.



3. Roast kale

Meanwhile, strip **kale leaves** from stems and tear into bite-sized pieces. In a large bowl, massage kale with **tamari**, **2 tablespoons oil**, and **a few grinds of pepper** until absorbed.

Flip **beets** and push to one side of baking sheet. Add kale to the other side and return to oven to roast until kale just starts to brown and beets are tender, 12-15 minutes more.



6. Assemble & serve

Fluff **quinoa** with a fork and transfer to bowls. Top with **plant chicken**, **kale**, **beets**, and **edamame**. Drizzle **tahini-turmeric dressing** over top. Enjoy!