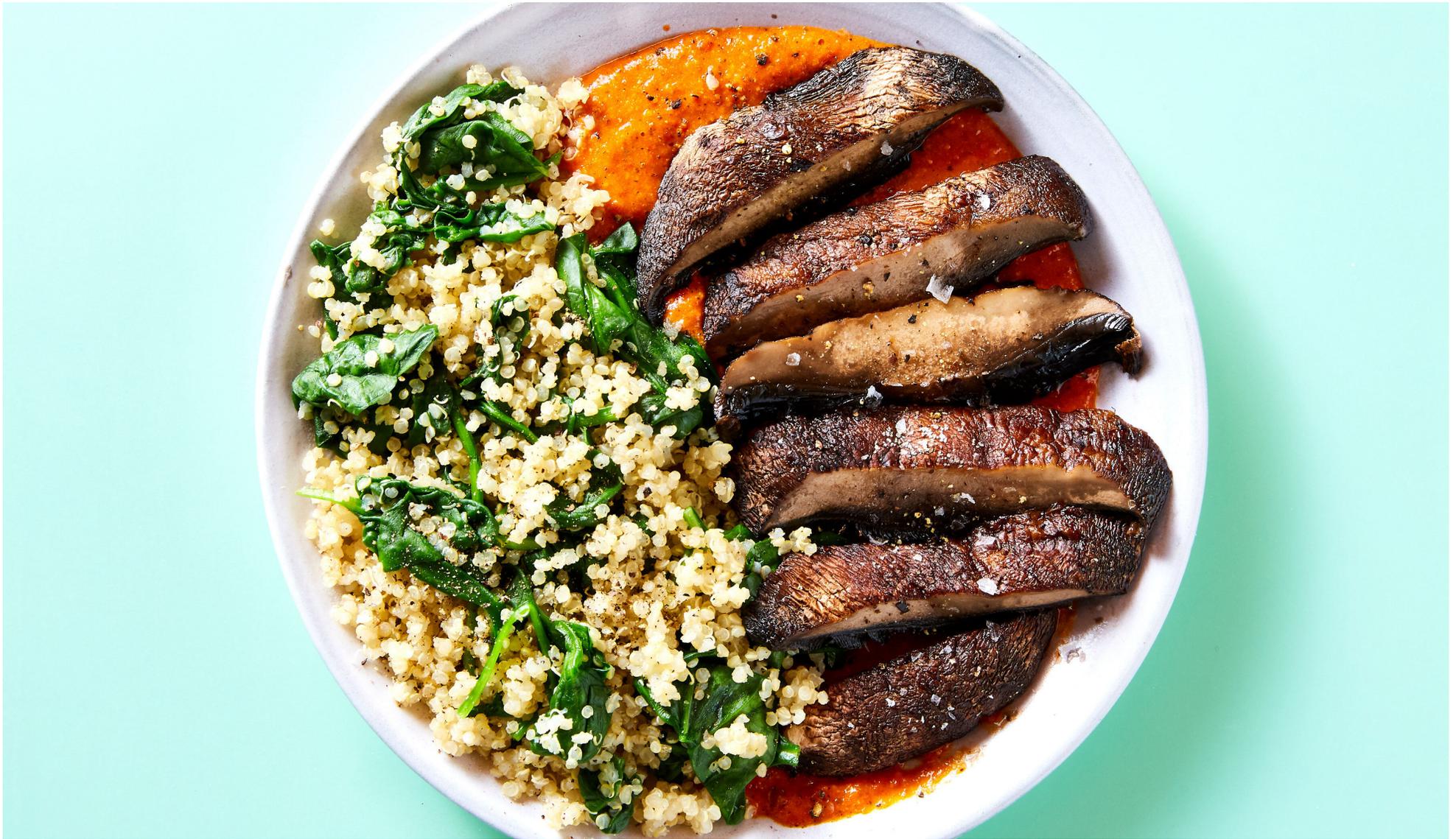


# DINNERLY



## Low-Carb Grilled Portobello Mushroom with Quinoa, Spinach & Red Pepper Pesto



20-30min



2 Servings

We know summertime grilling is all about the juicy, smoky meats, but this hearty portobello mushroom will not leave you hungry for more. With a super savory red pepper pesto and a side of light and airy quinoa and spinach, you've got yourself a well-balanced umami bomb. We've got you covered!

#### WHAT WE SEND

- 3 oz white quinoa
- 5 oz baby spinach
- 6 oz portobello mushroom
- 2 oz roasted red pepper pesto <sup>7</sup>

#### WHAT YOU NEED

- kosher salt & ground pepper
- olive oil

#### TOOLS

- medium saucepan
- grill or grill pan

#### ALLERGENS

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

#### NUTRITION PER SERVING

Calories 280kcal, Fat 12g, Carbs 35g, Protein 10g



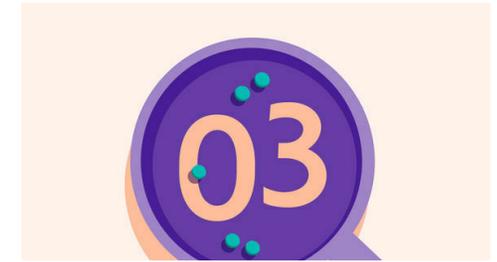
#### 1. Cook quinoa

In a medium saucepan, bring **quinoa**,  $\frac{3}{4}$  **cup water**, and  $\frac{1}{2}$  **teaspoon salt** to a boil. Cover, reduce heat to low, and cook until water is absorbed and quinoa is tender, 15–18 minutes. Keep covered off heat until ready to serve.



#### 2. Chop spinach

While **quinoa** cooks, coarsely chop **spinach** directly in bag with kitchen scissors.



#### 3. Cook mushrooms

Preheat a grill or grill pan over medium-high. Drizzle **both sides of mushrooms** with **oil**; season with **salt** and **pepper**.

Add mushrooms to grill and cook until tender, flipping once, 10–15 minutes.



#### 4. Finish quinoa

Working in batches, stir **spinach** into saucepan with **quinoa**, allowing to wilt slightly between each addition. Season to taste with **salt** and **pepper**.



#### 5. Slice mushrooms & serve

Slice **mushrooms** into thick strips.

Serve **portobello mushrooms** over **red pepper pesto** with **quinoa and spinach** alongside. Enjoy!



#### 6. Carb it up

Grill some crispy pita bread to scoop up any extra red pepper pesto!