



Tray Bake: Mediterranean Quinoa Bake

with Lemony Spinach Salad

 30-40min  2 Servings

Nutrient-packed quinoa is one of our favorite tiny but mighty seeds (pseudocereal if you want to get specific!). We combine this fluffy, fiber-rich carb with chickpeas, sun-dried tomatoes, and olives for delicious texture, then garnish with crumbled feta and mint. A lemony sour cream dressing drizzles over top, while a simple spinach salad provides your daily dose of greens.

What we send

- 15 oz can chickpeas
- 1 oz Kalamata olives
- garlic
- 1 lemon
- aluminum foil tray
- 2 (3 oz) white quinoa
- 2 oz sun-dried tomatoes ¹⁷
- 2 (1 oz) sour cream ⁷
- ¼ oz fresh mint
- 5 oz baby spinach
- 2 oz feta ⁷

What you need

- kosher salt & ground pepper
- olive oil

Tools

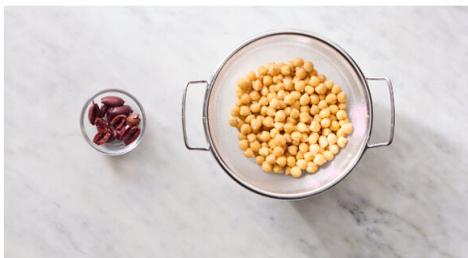
- microplane or grater
- aluminium foil

Allergens

Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 800kcal, Fat 41g, Carbs 94g, Protein 30g



1. Prep ingredients

Preheat oven to 350°F with a rack in the center.

Drain **chickpeas**, rinse under cold water, and drain again. Finely chop **olives**, if desired.

Finely grate **½ clove garlic** and zest **half of the lemon**.



4. Finish & serve

Roughly chop **mint leaves**; discarding stems. Add **spinach** to **dressing** and toss until evenly coated.

Fluff **quinoa and chickpeas** with a fork and add **olives**. Drizzle with **sour cream** and top with **crumbled feta** and **mint**. Enjoy!



2. Bake quinoa

To aluminum tray, add **quinoa, chickpeas, sun-dried tomatoes, 1½ cups water, 1 teaspoon salt, and a few grinds of pepper**. Cover tray tightly with foil and bake on center oven rack until water is absorbed, about 25 minutes. Let stand, covered, 5 minutes.



5. ...

Looking for more steps?



3. Make dressings

In a small bowl combine **garlic, lemon zest, and sour cream**. Season to taste with **salt** and thin with **1½ tablespoons water**.

In a separate large bowl, squeeze **1 tablespoon lemon juice**. Whisk in **3 tablespoons oil** and season to taste with **salt and pepper**.



6. ...

You won't find them here! Enjoy your Marley Spoon meal!