

# DINNERLY



## Roasted Fall Veggie Grain Bowl with Lemon-Feta Dressing

 40-50min  2 Servings

Grain bowls are a delicious and nutritious way to celebrate the bounty of any season! This one showcases organic grains, tart roasted lemon, crisp Brussels sprouts, carrots, and onions, and creamy feta cheese. It's satisfying and hits all the right notes. We've got you covered!

## WHAT WE SEND

- 1 bag carrots
- 1 red onion
- ½ lb Brussels sprouts
- 1 lemon
- 4 oz farro <sup>2</sup>
- 2 oz feta <sup>3</sup>
- ½ lb pkg ready to heat chicken cutlets <sup>1,2,3</sup>

## WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- sugar

## TOOLS

- microplane or grater
- rimmed baking sheet
- small saucepan
- medium skillet

## ALLERGENS

Egg (1), Wheat (2), Milk (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 650kcal, Fat 36g, Carbs 72g, Protein 17g



### 1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Bring a small saucepan of **salted water** to a boil.

Peel **carrots** and cut on an angle into ¼-inch slices. Trim and halve **Brussels sprouts** (quarter if large). Halve **onion** and cut into ½-inch wedges through the core.

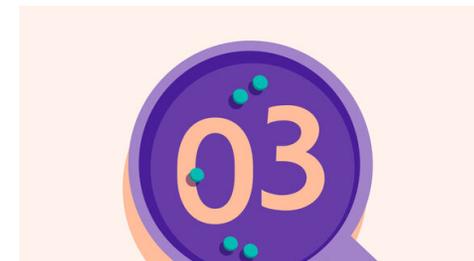
Zest **all of the lemon**, then cut into 4 wedges.



### 2. Roast vegetables

To a medium bowl, add **carrots, Brussels sprouts, onions, 2 lemon wedges, 2 tablespoons oil, ½ teaspoon salt**, and a **few grinds of pepper**. Toss to coat. Transfer to a rimmed baking sheet and spread into an even layer; reserve bowl for step 4.

Roast on upper oven rack until tender and lightly browned in spots, 20–25 minutes.



### 3. Cook farro & chicken

Meanwhile, add **farro** to **boiling water** and cook until tender, 18–20 minutes. Drain and shake out excess water.

Heat **2 tablespoons oil** in a medium skillet over medium-high until shimmering. Add **chicken cutlets**; cook until golden brown, crispy, and warmed through, 2–4 minutes per side. Transfer to a paper towel-lined plate. Lightly season with **salt** and **pepper**.



### 4. Make lemon dressing

Carefully transfer **roasted lemon wedges** to reserved bowl. Press with a spoon to squeeze out juice; discard rind and seeds.

Whisk in **half of the feta, 1 teaspoon lemon zest, 2½ tablespoons oil, 1 tablespoon water**, and **½ teaspoon sugar**. Season to taste with **salt** and **pepper**.



### 5. Finish & serve

Add **farro** and **roasted vegetables** to bowl with **dressing**; toss to coat. Season to taste with **salt** and **pepper**. Slice **chicken cutlets** into 1-inch strips.

Serve **roasted veggie grain bowl** topped with **chicken cutlets** and **remaining feta** crumbled over top. Drizzle with **oil**. Serve **remaining lemon wedges** alongside. Enjoy!



### 6. Rate your plate!

When you rate your meals we can give you more of the flavors you love. Tell us what you thought of this recipe on the app or website.