



Veggie Grain Bowl

with Almonds, Cherries & Feta Cheese



20-30min



2 Servings

Good-for-you food can also be comfort food, and this grain bowl is the proof! A gluten-free grain mix, including protein-packed quinoa and nutrient-dense brown rice, serves as the foundation for the roasted cold-weather veggies, including Brussels sprouts and butternut squash. Almonds, dried cherries, crumbled feta cheese, and pickled shallots turn the humble grain bowl into an elevated weeknight treat.

What we send

- 3 oz shallot
- quick-cooking brown rice (use $\frac{3}{4}$ cup)
- 3 oz tri-color quinoa
- $\frac{1}{2}$ lb Brussels sprouts
- $\frac{1}{2}$ lb butternut squash
- $\frac{1}{4}$ oz fresh thyme
- 1 oz dried cherries
- 1 oz smoked almonds ^{6,15}
- $1\frac{1}{2}$ oz feta cheese ⁷

What you need

- sugar
- kosher salt & ground pepper
- apple cider vinegar (or red wine vinegar)
- olive oil

Tools

- medium saucepan
- fine-mesh sieve
- rimmed baking sheet

Allergens

Soy (6), Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 840kcal, Fat 51g, Carbs 88g, Protein 18g



1. Pickle shallots

Preheat oven to 450°F with a rack in the center. Halve, peel, and thinly slice **about $\frac{3}{4}$ cup shallot**. In a small bowl, stir to combine $\frac{1}{4}$ cup of the sliced shallots, **1 teaspoon sugar**, **$\frac{1}{2}$ teaspoon salt**, and **2 tablespoons vinegar**. Let sit until step 6.



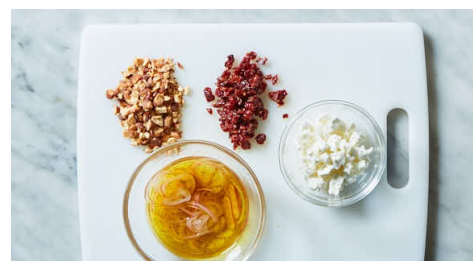
4. Roast veggies

On a rimmed baking sheet, toss **Brussels sprouts, butternut squash, chopped thyme**, and **remaining $\frac{1}{2}$ cup sliced shallots** with **$1\frac{1}{2}$ tablespoons oil**, and a **generous pinch each salt and pepper**. Roast on center oven rack until tender and golden in spots, stirring halfway through, 16-21 minutes.



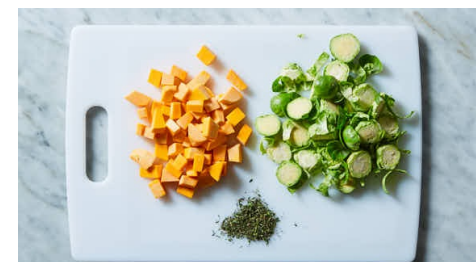
2. Cook grains

Bring a medium saucepan of **salted water** to a boil. Add **$\frac{3}{4}$ cup rice** and cook, like pasta, for 7 minutes. Add **quinoa** to saucepan and cook rice and quinoa together until grains are tender, about 17 minutes. Drain in a fine-mesh sieve and return to the saucepan. Cover to keep warm.



5. Prep garnish & dressing

Coarsely chop **cherries** and **smoked almonds**. Crumble **feta cheese**. Add **$\frac{1}{4}$ cup oil** to **pickled shallots**, season with a **few grinds pepper**, and stir to combine.



3. Prep ingredients

Meanwhile, cut **Brussels sprouts** crosswise into $\frac{1}{3}$ -inch thick slices, discarding stem ends. Cut **butternut squash** into $\frac{1}{2}$ -inch cubes. Pick and chop **$1\frac{1}{2}$ teaspoons thyme leaves**, discarding stems.



6. Finish & serve

Pour **dressing** and **pickled shallots** over **vegetables** on baking sheet and toss to combine. Spoon **some of the grains** into bowls and top with **dressed vegetables**. Drizzle **any remaining dressing** over top. Serve **salad** garnished with **chopped cherries and almonds, crumbled feta cheese**, and a **drizzle of oil**. Enjoy!