

DINNERLY



Low-Carb Mediterranean Veggie Bowl with Cauliflower Rice & Feta



ca. 20min



2 Servings

Cauliflower rice brings so much joy to our lives (low-carb, filling, delicious, etc.), so we had to say thanks by taking it on a trip to the Mediterranean! Broiled eggplant, roasted red peppers, salted almonds, and crumbled feta are all you need to do the trick. Then a drizzle of garlic-oregano vinaigrette puts the finishing touch on this bowl full of flavor. We've got you covered!

WHAT WE SEND

- 1 eggplant
- ¼ oz fresh oregano
- 12 oz cauliflower rice
- 1 oz roasted almonds ²
- 2 oz feta ¹
- 2 oz roasted red peppers
- 10 oz pkg boneless, skinless chicken breast

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- garlic
- red wine vinegar (or white wine vinegar)

TOOLS

- rimmed baking sheet
- large nonstick skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 710kcal, Fat 64g, Carbs 29g, Protein 13g



1. Broil eggplant

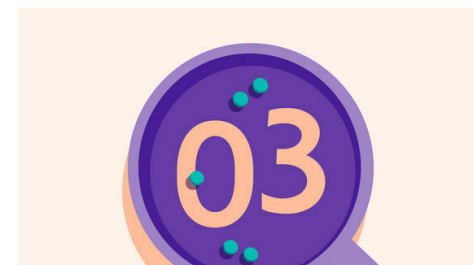
Preheat broiler with a rack in the upper third.

Trim ends from **eggplant**; cut into ¾-inch thick rounds. Toss on rimmed baking sheet with ¼ cup oil; season with **salt** and **pepper**. Spread into even layer (it's okay if they overlap). Broil on upper rack until browned on one side, about 8 minutes (watch closely). Flip and drizzle with more oil if dry; broil until tender, 6–8 minutes.



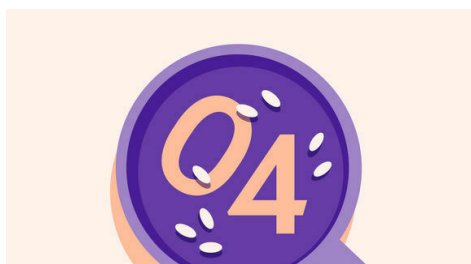
2. Prep vinaigrette

While **eggplant** broils, finely chop 2 **teaspoons** each of **garlic** and **oregano**; add both to a medium bowl with 2 **tablespoons** **oil**, 1½ **tablespoons** **vinegar**, and a **pinch** each of **salt** and **pepper**. Whisk to combine.



3. Cook cauliflower rice

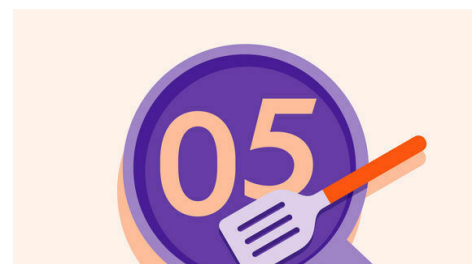
Heat 2 **tablespoons** **oil** in a large nonstick skillet over medium-high. Add **cauliflower rice** and cook, stirring occasionally, until just tender, 2–3 minutes. Season to taste with **salt** and **pepper**.



4. Prep toppings

While **cauliflower rice** cooks, coarsely chop **almonds**.

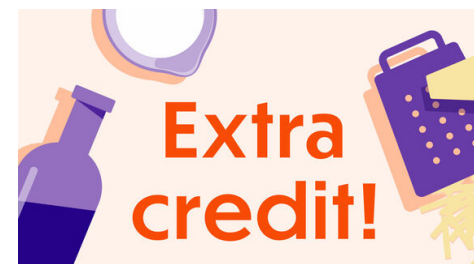
Tear or cut **roasted red peppers** into bite-sized pieces.



5. Finish & serve

Evenly divide **cauliflower rice** between bowls. Top with **broiled eggplant** and **roasted red peppers**.

Serve **Mediterranean veggie bowl** with **vinaigrette** drizzled over top. Sprinkle with **chopped almonds** and crumble **feta** over top. Enjoy!



6. Make it meaty!

We made this a vegetarian meal on purpose, but if you have carnivores at the table, try one of our handy protein packs! Serve this veggie bowl with chicken breast or add ground beef into the mix.