



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

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

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, Proteins 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.



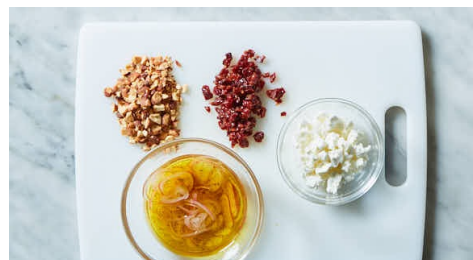
4. Roast veggies

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!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at marleyspoon.com    **#marthaandmarleyspoon**