



Caprese Gluten-Free Grain Bowl

with Warm Shallot Vinaigrette



30-40min



2 Servings

We channel all of the best flavors from a traditional Caprese salad, then take it to the next level by adding kale, sun-dried tomatoes, and a hearty protein packed quinoa-brown rice blend. The salad is tossed in a tangy shallot vinaigrette and topped with crispy frizzled shallots.

What we send

- 5 oz quick-cooking brown rice
- 3 oz tri-color quinoa
- 1 pkg mozzarella ⁷
- ¾ oz piece Parmesan ⁷
- 4 oz roasted red peppers
- 2 oz sun-dried tomatoes (use ¼ c) ¹⁷
- ¼ oz fresh basil
- 1 shallot
- 1 bunch Tuscan kale

What you need

- kosher salt & ground pepper
- neutral oil
- apple cider vinegar (or white wine vinegar)
- sugar

Tools

- large pot
- fine-mesh sieve
- medium skillet

Allergens

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

Nutrition per serving

Calories 700kcal, Fat 41g, Carbs 66g, Protein 26g



1. Boil grains

Fill a large pot with **salted water** and bring to a boil. Add **rice** to boiling water and cook (like pasta) for 7 minutes. Add **½ cup quinoa** and boil until both rice and quinoa are tender, about 17 minutes more. Drain using a fine-mesh sieve, then return to pot off the heat. Cover to keep warm.



4. Prep kale

Strip **leaves** from **¼ of the kale**, discarding stems. Stack leaves and slice into thin ribbons (save remaining kale for own use).



2. Prep ingredients

Meanwhile, cut **mozzarella** into ½-inch cubes. Coarsely grate **Parmesan**, if necessary. Slice **roasted peppers** into ½-inch strips. Halve **¼ cup sun-dried tomatoes**. Pick **basil leaves** from **stems**; set aside a few leaves for serving, then roll up remaining leaves and thinly slice. Thinly slice **all of the shallot** and separate into rings.



5. Cook shallot dressing

Heat **reserved shallot oil** in skillet over medium until shimmering. Add **remaining raw shallots** and cook, stirring, until lightly golden and fragrant, about 1 minute. Stir in **1 tablespoon vinegar** and **a pinch of sugar** (careful oil may splatter). Season with **salt** and **a few grinds of pepper**. Cook until shallots are wilted, about 30 seconds. Remove from heat.



3. Cook crispy shallots

Heat **3 tablespoons oil** in a medium skillet over medium-high. Add **half of the shallots** (reserve remaining for step 5). Cook, stirring, until shallots are deep golden and crispy, 2-3 minutes. Using a slotted spoon, transfer to a paper towel-lined plate and season with **salt**. Reserve skillet and **shallot cooking oil** for step 5.



6. Assemble salad & serve

In a medium bowl, combine **half of the cooked grains** (save rest for own use), **kale**, **mozzarella**, **roasted peppers**, **sun-dried tomatoes**, **sliced basil**, **shallot dressing**, and **half of the Parmesan**. Toss to combine. Spoon **salad** into bowls, then top with **crispy shallots**, **remaining Parmesan**, and **reserved whole basil leaves**. Enjoy!