

MARLEY SPOON



Green Goddess Veggie Grain Bowl

with Watermelon Radish & Jammy Eggs



20-30min



2 Servings

The color palette of this grain bowl matches its bright flavor. We use our favorite grain duo, brown rice and quinoa, as a hearty base, then add watermelon radish, cucumber, and crisp green beans into the mix. It's topped with a lightened-up homemade green goddess dressing—typically made with mayonnaise, we swap it for creamy Greek yogurt and fresh tarragon.

What we send

- 5 oz quick-cooking brown rice
- 3 oz tri-color quinoa
- ½ lb green beans
- ¼ oz fresh tarragon
- garlic
- 1 lemon
- 4 oz Greek yogurt²
- 1 cucumber
- 6 oz watermelon radish
- 1 oz pepitas

What you need

- kosher salt & ground pepper
- 2 large eggs¹
- olive oil
- red wine vinegar (or apple cider vinegar)

Tools

- large saucepan
- medium saucepan
- microplane or grater

Allergens

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

Nutrition per serving

Calories 580kcal, Fat 28g, Carbs 59g, Protein 26g



1. Boil grains

Fill a large saucepan with **salted water** and bring to a boil. Add **rice** and cook, like pasta, for 7 minutes. Add **quinoa** to the rice and boil both together until tender, about 17 minutes more. Drain well in a fine-mesh sieve.



4. Make dressing

Pick and finely chop **tarragon leaves**. Finely grate **½ teaspoon garlic**. Finely grate **all of the lemon zest** and squeeze **2 teaspoons lemon juice** into a small bowl. Cut any remaining lemon into wedges. To the small bowl with lemon zest and juice, stir in **yogurt, grated garlic**, and **2-3 teaspoons of the tarragon** (depending on flavor preference).



2. Cook eggs

Meanwhile, bring a medium saucepan of **salted water** to a boil. Carefully lower **2 large eggs** into saucepan and cook for 6 minutes. Use a slotted spoon to transfer eggs to a bowl of **ice water**. Set aside to cool until step 6. Return water in saucepan to a boil.



5. Prep veggies, vinaigrette

Halve **cucumber** lengthwise (peel if desired), then slice into thin half moons. Trim ends from **radish**, halve, and very thinly slice into half moons. In a medium bowl, whisk to combine **2 tablespoons oil**, **1 tablespoon vinegar**, and **a generous pinch each of salt and pepper**.



3. Cook green beans

Trim **green beans**, then cut in half crosswise. Add green beans to boiling water and cook until bright green and crisp-tender, about 3 minutes. Drain, then rinse under cold water. Pat dry with paper towel.



6. Finish & serve

To bowl with **vinaigrette**, add **green beans, radishes**, and **cucumbers**; toss to combine. Peel **eggs** and halve lengthwise. Serve **half of the cooked grains** (save rest for own use) topped with **veggies, eggs**, and **a dollop of green goddess dressing**. Top with **pepitas** and **a squeeze of lemon**, if desired. Enjoy!