

DINNERLY

Grilled Portabello Mushroom

with Quinoa Spinach Pilaf



20-30min



2 Servings

WHAT WE SEND

- 6 oz portobello mushroom
- 3 oz white quinoa
- 3 oz baby spinach
- 1 oz salted almonds ¹⁵
- garlic
- 4 oz roasted red peppers

WHAT YOU NEED

- kosher salt
- apple cider vinegar (or red wine vinegar)
- olive oil

TOOLS

- grill, grill pan, or broiler
- saucepan

ALLERGENS

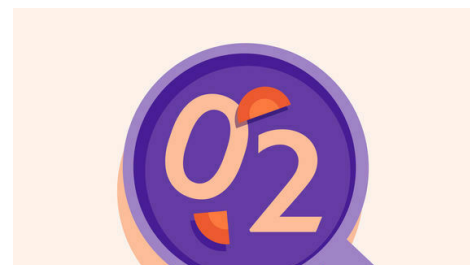
Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING



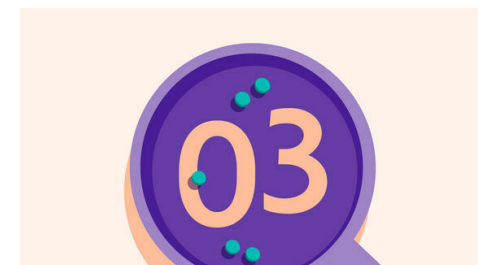
1. Cook quinoa

In a medium saucepan, bring quinoa, $\frac{3}{4}$ cup water, and $\frac{1}{2}$ teaspoon salt to a boil. Cover, reduce to low, and cook until water is absorbed and quinoa is tender, 15–18 minutes. Keep covered until ready to serve.



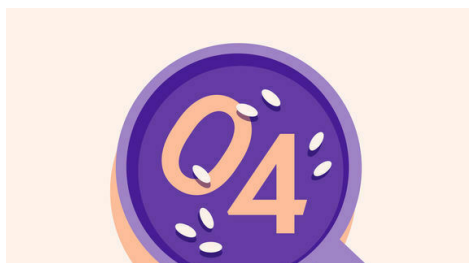
2. Prep garnish

Meanwhile, using kitchen scissors, coarsely chop spinach in bag.



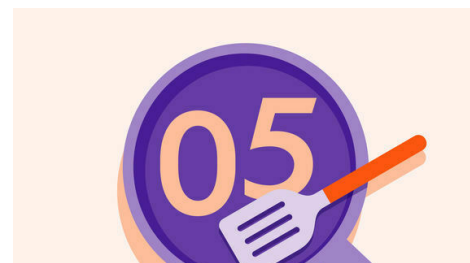
3. Cook mushrooms

Preheat a grill pan over medium-high. Brush both sides of mushrooms with oil; season with salt and pepper. Add mushrooms to grill pan and cook until tender, flipping once, 10–15 minutes.



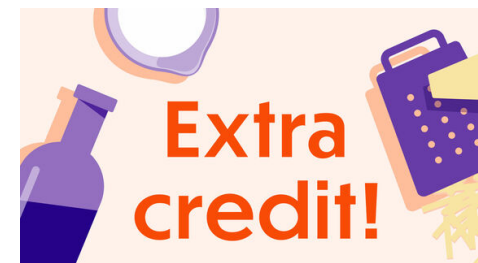
4. Finish quinoa

Remove quinoa from heat, then, working in batches, stir spinach into saucepan with a fork, allowing spinach to wilt slightly between each addition. Season to taste with salt and pepper. Spinach will continue to wilt as it sits in saucepan.



5. Assemble & serve

Put spinach and quinoa onto one side of plates, then spread red pepper pesto on other side. Slice mushrooms into thick strips and place over pesto. Enjoy!



6.

Extra credit!