



## Gluten-Free Grain Salad

with Snap Peas, Almonds & Goat Cheese



ca. 20min



4 Servings

Grain salads might just be a busy cook's best friend. Especially if the base is a hearty mix of rice, red quinoa, amaranth, and buckwheat, that cooks in just 5 minutes! Snap peas are cooked with the grains for the last minute until just tender. Then they're tossed in a bright lemon-garlic dressing. Chives, baby spinach, crunchy almonds, juicy pomegranate seeds, and creamy goat cheese complete t...



## What we send

- lemons
- fresh chives
- gluten-free grains blend
- pomegranate seeds
- sugar snap peas
- baby spinach
- 2 cloves garlic

## What you need

### Tools

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

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

### Nutrition per serving

Calories 626.0kcal, Fat 36.2g, Proteins 18.6g, Carbs 49.7g



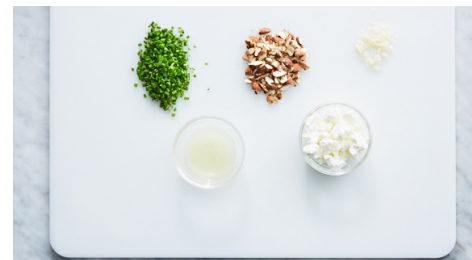
### 1. Cook grains and peas

Bring a medium saucepan of **salted water** to a boil. Add **grains blend**. Cook until just tender, 5-7 minutes. Add the **snap peas** and cook 1 minute more, until snap peas are crisp tender. Drain, shaking out water, then spread out on a rimmed baking sheet to cool.



### 4. Dress grains

Transfer the **grains** and **snap peas** to a large bowl. Add the **lemon dressing** and toss gently to combine.



### 2. Prep ingredients

Finely chop **chives**. Coarsely chop **almonds**. Juice **lemons**. Finely chop **1 or 2 of the garlic cloves**, depending on your preference. (Reserve the rest for your own use.) Crumble **goat cheese** into a small bowl.



### 5. Toss salad

Add **chives** to **grains** along with the **almonds, spinach, and pomegranate seeds**. Toss gently to combine.



### 3. Make lemon dressing

In a small bowl, combine **garlic** and **¼ cup lemon juice**. Whisk in **6 tablespoons of oil**. Season to taste with **salt and pepper**.



### 6. Add goat cheese

Add **half of the goat cheese** to the **salad** and toss to combine. Season to taste with **salt and pepper**. Divide between 4 plates. Top with **remaining goat cheese** and a **drizzle of olive oil**, if desired. Enjoy!