



Gluten-Free Veggie Grain Bowl

with Almonds, Cherries & Goat 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 wild rice serves as the foundation to the roasted cold-weather veggies including Brussels sprouts and butternut squash. Almonds, dried cherries, crumbled goat cheese, and pickled shallots turn the humble grain bowl into an elevated weeknight tre...

What we send

- Brussels sprouts
- cubed butternut squash
- quick-cooking, gluten-free grains blend
- dried cherries
- shallot
- thyme

What you need

- apple cider vinegar
- kosher salt & ground pepper
- olive oil
- sugar

Tools

- fine-mesh sieve
- rimmed baking sheet
- small saucepan

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 890.0kcal, Fat 55.0g, Proteins 21.0g, Carbs 82.0g



1. Pickle shallots

Preheat oven to 450°F with a rack in the center. Peel **shallot**, then halve and thinly slice (about $\frac{3}{4}$ cup). In a small bowl, combine **$\frac{1}{4}$ cup sliced shallot, 1 teaspoon sugar, $\frac{1}{2}$ teaspoon salt, and 2 tablespoons vinegar**. Let sit until step 6.



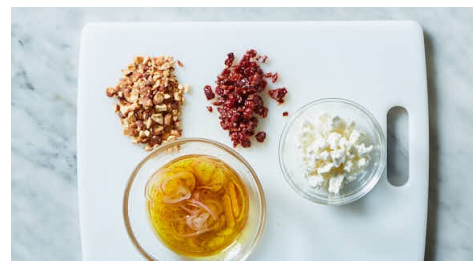
4. Roast veggies

On a rimmed baking sheet, toss **Brussels sprouts, butternut squash, chopped thyme, and remaining shallots** with **$1\frac{1}{2}$ tablespoons oil, and a generous pinch each salt and pepper**. Roast on center rack until tender and golden in spots, stirring halfway through, 16-21 minutes.



2. Cook grains

Bring a small saucepan of **salted water** to a boil. Add **grains** and cook, stirring occasionally, until grains are tender, about 16 minutes. Drain in a fine-mesh sieve and return to the saucepan. Cover to keep warm.



5. Prep garnish & dressing

Coarsely chop **cherries** and **almonds**. Crumble **goat 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 $\frac{1}{2}$ -inch slices, discarding stem ends. Cut **butternut squash** into $\frac{1}{2}$ -inch cubes if necessary. Chop **$1\frac{1}{2}$ teaspoons thyme leaves** (save rest for own use).



6. Assemble & serve

Pour **dressing** and **pickled shallots** over **vegetables** and toss to combine. Spoon **grains** into bowls and top with **vegetables** and **any remaining dressing**. Garnish with **cherries, almonds, goat cheese, and a drizzle of oil**. Enjoy!