



## Heirloom Tomato Grain Salad

with Green Beans & Feta



20-30min



4 Servings

This grain salad has got it going on. Hearty gluten free grains, crunchy green beans, and chickpeas are tossed with a bright lemon-shallot dressing. The salad gets topped with heirloom tomatoes, the star of this meal, simply salted before being added to unlock optimal tomato flavor. A generous sprinkling of crumbled feta brings it on home. Cook, relax, and enjoy!

## What we send

- fresh parsley
- heirloom tomatoes
- shallot
- lemons
- can chickpeas
- gluten free grains blend
- green beans

## What you need

- coarse salt
- freshly ground pepper
- olive oil

## Tools

- medium 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 653.0kcal, Fat 26.9g, Proteins 23.1g, Carbs 29.5g



### 1. Salt tomatoes

Bring a large pot of **salted water** to a boil. Remove core from **tomatoes** and slice into ¼-inch wedges. Spread out on a cutting board and season with **1 teaspoon salt**.



### 2. Prep ingredients

Trim stem ends from **green beans**. Drain and rinse **chickpeas**. Zest lemons into a large bowl. Juice lemons into a small bowl. Pick **parsley leaves** from stems and roughly chop leaves.



### 3. Cook grains & green beans

Add **grains** to boiling water and cook until almost tender, about 7 minutes. Add **green beans** and continue to cook until grains are tender and green beans are crisp-tender, about 4 minutes. Drain grains and beans and transfer to large bowl with **lemon zest**.



### 4. Make dressing

Cut **shallot** in half, peel, then finely chop **2 tablespoons**. Transfer **chopped shallots** to a medium bowl. Add **3 tablespoons lemon juice** and **3 tablespoons oil** to the bowl and whisk to combine. Season to taste with **salt** and **pepper**.



### 5. Season grains

Add **chickpeas** and **half of the parsley** to the **grains** and toss with **2 tablespoons oil**. Season to taste with **salt** and **pepper**.



### 6. Serve

Divide **grain salad** among plates and top with **tomatoes**. Drizzle all over with **dressing**. Top with **feta** and **remaining parsley**. Enjoy!