



# DINNERLY



LOW CARB

LOW CALORIE

## Parmesan Zucchini with Pesto Quinoa & Spinach

 20-30min  4 Servings

Everyone knows the best way to load up with veggies is to get them nicely caramelized so that their natural sweetness emerges. But, we can't stop there. Next step is adding melted cheese—the King of cheeses to be exact. Parm. The hit of tangy dressing and bubbly cheese will make these veggies go down a treat! We've got you covered!



#### WHAT WE SEND

- red onion
- white quinoa
- baby spinach
- zucchini

#### WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- white wine vinegar <sup>17</sup>

#### TOOLS

- medium saucepan
- rimmed baking sheet

#### ALLERGENS

Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

#### NUTRITION PER SERVING

Calories 470.0kcal, Fat 34.0g, Proteins 13.0g, Carbs 31.0g



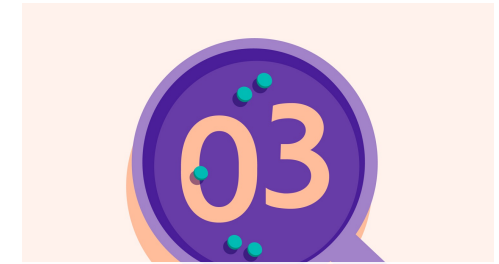
#### 1. Prep ingredients

Halve, peel, and cut **all of the onion** into ½-inch slices. Finely chop **¼ cup of the sliced onions**. Trim ends from **zucchini** and cut crosswise on an angle into ½-inch slices. Finely grate all of the **Parmesan**.



#### 2. Cook quinoa

Heat **1 ½ tablespoons oil** in a medium saucepan over medium-high. Add **quinoa** and **chopped onions** to saucepan and cook, stirring, until toasted, 2–3 minutes. Stir in **3 cups water** and **a pinch of salt**; bring to a boil. Cover and cook over low until quinoa is tender and water is absorbed, about 17 minutes.



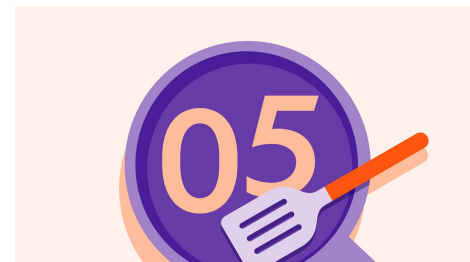
#### 3. Broil veggies

While **quinoa** cooks, preheat broiler with top rack 6 inches from heat source. On a rimmed baking sheet, toss **zucchini** and **remaining sliced onions** with **2 tablespoons oil** and season with **salt** and **pepper**. Broil zucchini and onions on top rack until tender and browned in spots, 5–7 minutes (watch closely).



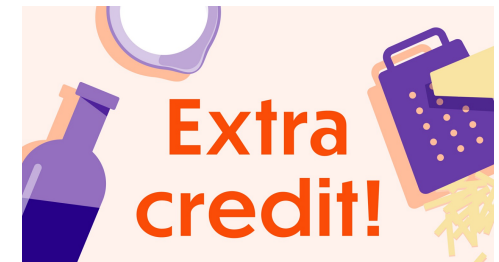
#### 4. Make dressing & add Parm

Meanwhile, in a large bowl, whisk **1 tablespoon vinegar** and **1 ½ tablespoons oil**; season to taste with **salt** and **pepper**. Flip **vegetables** and sprinkle **Parmesan** all over. Broil on the top rack until cheese is melted and browned, 1–2 minutes (watch closely).



#### 5. Finish & serve

Add **spinach** to large bowl with **dressing** and toss to coat. Fluff **quinoa** with a fork and stir in **pesto**; season to taste with **salt** and **pepper**. Serve **spinach** topped with **quinoa** and **broiled veggies** and finish with a **drizzle of olive oil**. Enjoy!



#### 6. Put an egg on it!

The protein is amped up in this meatless dish thanks to the quinoa. But why stop there? With a sunny-side up egg, you could add even more protein...while also adding the delicious runny egg yolk as a sauce.