





HEALTHY
EATS

Winter Vitality Bowl

with Chicken and Vibrant Vegetables

 30-40min  2 Servings

In this colorful and filling grain bowl, carrots and beets are peeled and shredded raw—truly the best way to highlight their natural sweetness, while lending a refreshing crunchy texture. Be sure to wear gloves when grating beets to protect your skin from the juices! Dijon mustard is the secret to a tangy and slightly creamy dressing. Cook, relax, and enjoy!

What we send

- shallot
- collard greens
- carrots
- beets
- lemon
- boneless, skinless chicken breasts
- Dijon mustard ¹⁷

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

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

Nutrition per serving

Calories 690kcal, Fat 17g, Carbs 68g, Proteins 52g



1. Prep ingredients

Halve, peel, and thinly slice shallot. Remove thick stems from collard greens. Stack leaves, roll up tightly lengthwise, and slice into ½-inch strips crosswise. Peel carrots and beets then grate separately on the large holes of a box grater. Juice half of the lemon into a small bowl and cut the other half into wedges.



4. Sauté collards

Heat 1 tablespoon oil in the same skillet over medium-high. Add shallots and collards and cook, stirring constantly, until collards are wilted and shallots are softened, about 3 minutes. Season with ½ teaspoon salt and a few grinds pepper. Remove from heat and add bulgur, tossing to combine.



2. Cook bulgur

Bring 2 cups water to a boil in a medium saucepan. Season with ½ teaspoon salt and add bulgur. Bring to a simmer, cover, and cook until tender, 10-12 minutes; drain any excess water if necessary. Cover to keep warm and set aside until ready to serve.



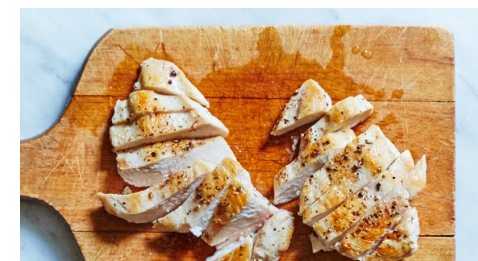
5. Make dressing

Whisk Dijon mustard, 2 tablespoons oil, and lemon juice in a small bowl; season with ¼ teaspoon each salt and pepper.



3. Cook chicken

Meanwhile, heat 1 tablespoon oil in a medium skillet over medium-high. Season chicken all over with ½ teaspoon salt and a few grinds pepper. Cook chicken until browned and cooked through, 3-4 minutes per side. Transfer to a cutting board and let rest. Wipe out pan.



6. Finish

Cut chicken crosswise into ½-inch strips. Divide bulgur mixture between 2 bowls and top with chicken and grated carrots and beets. Drizzle with dressing and serve with lemon wedges on the side for squeezing over. Enjoy!