

# DINNERLY



## Chicken-Quinoa Grain Bowl with Asparagus & Lime

 20-30min  2 Servings

The idea of "clean eating" is kind of confusing. Bonus points because you walked away from the table with your shirt unscathed and nothing dripping down your chin? If you eat dinner without making mess, did you even eat dinner at all? We're not sold on this whole "clean" eating thing, but we ARE sold on this grain bowl, which is balanced, full of protein and veggies, and generally delicious. So...

## WHAT WE SEND

- tri-color quinoa
- garlic
- lime
- boneless, skinless chicken breast
- asparagus
- scallions

## WHAT YOU NEED

- coarse kosher salt
- freshly ground pepper
- olive oil
- sugar

## TOOLS

- fine-mesh sieve
- medium skillet
- small saucepan

## ALLERGENS

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

## NUTRITION PER SERVING

Calories 534kcal, Fat 37g, Carbs 21g, Protein 27g



### 1. Prep ingredients

Peel and finely chop **2 large cloves garlic**. Rinse **quinoa** in a fine-mesh sieve. Trim bottom 2 inches from **asparagus** then cut spears into 1-inch lengths. Finely grate  $\frac{3}{4}$  **teaspoon lime zest**. Squeeze **2 tablespoons lime juice**. Trim ends from **scallions**, then thinly slice on an angle.



### 2. Cook quinoa

Heat **2 teaspoons oil** in small saucepan over medium. Add **1 teaspoon of the chopped garlic** and **1 tablespoon of the scallions**. Cook until fragrant, 1 minute. Add **quinoa,  $\frac{1}{4}$  cups water**, and  $\frac{1}{2}$  **teaspoon salt**. Bring to a boil, cover, and cook over low heat for 15 minutes. (Cook uncovered for 2–3 minutes more if quinoa still seems wet.)



### 3. Make lime dressing

Add **lime zest** and **1 teaspoon oil** to cooked quinoa. Fluff with fork. Season to taste with **salt** and **pepper**. Remove from heat, cover, and keep warm. In a medium bowl, combine **lime juice, remaining chopped garlic**, and  $\frac{1}{4}$  **teaspoon each salt, sugar, and pepper**. Whisk in **3 tablespoons oil**.



### 4. Cook chicken

Heat **1 tablespoon oil** in a medium skillet over medium-high. Pat **chicken** dry; pound to an even thickness. Season with  $\frac{1}{4}$  **teaspoon each salt and pepper**; add to skillet. Cook, turning once, until cooked through, 2–3 minutes per side. Transfer to medium bowl with **dressing**. Turn to coat. Transfer chicken to a cutting board. Reserve bowl with dressing for Step 5.



### 5. Cook asparagus

Add **2 teaspoons oil, asparagus,  $\frac{1}{2}$  of remaining scallions**, and **1 tablespoon water** to same skillet over medium. Cook, scraping browned bits from bottom, until asparagus is crisp-tender, 3 minutes. Season with **salt** and **pepper**. Spoon **quinoa** into bowls; top with **chicken, asparagus,  $\frac{1}{2}$  of dressing** and **remaining scallions**. Pass **remaining dressing** at table...



### 6. Make it ahead!

Get a jump on dinner by prepping the lime dressing and asparagus ahead of time. Throw the dressing in a tightly sealed container and leave it in the fridge. When you're ready for it, give it a vigorous shake to bring it back together. Bonus: that same container can be used to coat the chicken in step 4. Why dirty another bowl?