



**LOW CALORIE**  
**NO ADDED GLUTEN**

## Green Goddess Grain Bowl

with Crisp Veggies & Jammy Eggs

 20-30min  2 Servings

With flavor as bright as its color, green goddess dressing highlights our favorite summer veggies with a tangy zip of freshness. Typically made with mayonnaise, we made ours with creamy Greek yogurt and fragrant tarragon. If you can, try grating your garlic, as it'll give the dressing a little bite without any overpowering pieces.

## What we send

- red quinoa
- quick-cooking brown rice
- Greek yogurt <sup>7</sup>
- fresh tarragon
- lemon
- garlic
- green beans
- watermelon radish
- cucumber
- pumpkin seeds

## What you need

- kosher salt & ground pepper
- olive oil
- red wine vinegar

## Tools

- fine-mesh sieve
- saucepan
- saucepan
- microplane or grater

## Allergens

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 570kcal, Fat 28g, Carbs 61g, Proteins 25g



### 1. Cook grains

Bring a large saucepan of **salted water** to a boil. Add **rice** and boil, like pasta, for 7 minutes. Add **½ cup quinoa** to the rice and boil both together until tender, about 17 minutes more. Drain well in a fine-mesh sieve.



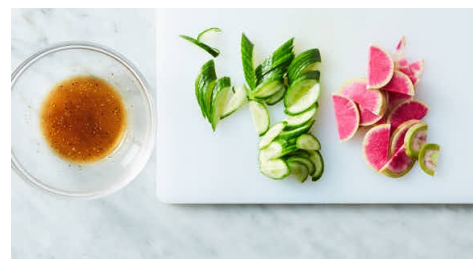
### 4. Make dressing

Remove **tarragon leaves** from stems and finely chop leaves. Peel and grate (or finely chop) **½ teaspoon garlic**. Into a small bowl, grate **lemon zest** and squeeze **2 teaspoons lemon juice**. Cut any remaining lemon into wedges. To the small bowl with lemon zest and juice, stir in **yogurt**, 2-3 teaspoons of the tarragon (depending on flavor preference), and garlic.



### 2. Cook eggs

Meanwhile, bring a medium saucepan of **salted water** to a boil. Carefully add **2 large eggs** (the water should cover the eggs by ½ inch). Simmer over medium heat for 6 minutes. Using a slotted spoon, remove eggs from pot and place in a bowl of cold water. Once cool, remove shells and set eggs aside. Reserve water and saucepan for step 3.



### 5. Prep veggies

Halve **cucumber** lengthwise (peel if desired), then slice into thin half moons. Trim and discard ends from **radish**; halve, then very thinly slice into half moons. In a medium bowl, whisk together **1 tablespoon vinegar**, **2 tablespoons oil**, and **a generous pinch salt and pepper**.



### 3. Cook green beans

Return saucepan of water to a boil. Trim and discard stem ends of **green beans** and cut in half crosswise. Add green beans to boiling water and cook until bright green and crisp-tender, about 3 minutes. Drain, then rinse under cold water. Pat dry with paper towel.



### 6. Finish & serve

Halve **eggs**. Toss **green beans, radishes, and cucumbers** with **vinaigrette**. Serve **half of the cooked grains** (save rest for another use) topped with **veggies, eggs, and a dollop of green goddess dressing**. Top with **pumpkin seeds** and a **squeeze of lemon**, if desired. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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