

**LOW CALORIE**

**NO ADDED GLUTEN**

## Green Goddess Grain Bowl

with Crisp Veggies & Jammy Eggs



20-30min



4 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

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

## 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 520kcal, Fat 24g, Carbs 57g, Proteins 22g



### 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. Drain well in a fine-mesh sieve.



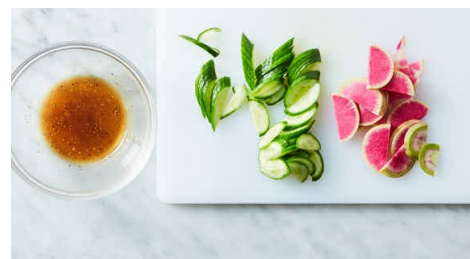
### 4. Make dressing

Remove **tarragon leaves** from stems and finely chop leaves. Peel and grate (or finely chop) **1 teaspoon garlic**. Into a small bowl, grate **lemon zest** and squeeze **1 tablespoon lemon juice**. Cut any remaining lemon into wedges. To the small bowl with lemon zest and juice, stir in **yogurt**, 1-2 tablespoons 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 **4 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** (peel if desired) lengthwise, then slice into thin half moons. Trim and discard ends from **radish**; halve, then slice very thinly into half moons. In a medium bowl, whisk together **2 tablespoons vinegar**, **¼ cup oil**, and a **generous pinch salt and pepper**.



### 3. Cook green beans

Return saucepan of water to a boil. Trim and discard stem ends from **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 towels.



### 6. Finish & serve

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