



## Roasted Vegetable Grain Bowl

with Cilantro-Honey Vinaigrette



30-40min



2 Servings

This meal is a harvest celebration in a bowl! A foundation of brown rice is topped with a roasted medley of berbere-spiced butternut squash, red onion, and parsnips. A tangy and bright honey-cilantro vinaigrette ties it all together. For a protein boost – we put an egg on it! Cook, relax, and enjoy!

## What we send

- red onion
- cubed butternut squash
- quick-cooking brown rice
- roasted pumpkin seeds
- honey
- fresh cilantro
- champagne vinegar
- berbere spice blend
- parsnips

## What you need

- 2 large eggs
- coarse kosher salt
- freshly ground pepper
- olive oil

## Tools

- fine-mesh sieve
- medium saucepan
- rimmed baking sheet

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

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

## Nutrition per serving

Calories 965.0kcal, Fat 55.0g, Proteins 20.0g, Carbs 106.0g



### 1. Prep squash & onions

Preheat oven to 450°F with a rack in the center. Bring a medium saucepan of **salted water** to a boil. Cut **squash** into ½-inch pieces, if necessary. Trim ends from **parsnips**, peel, and cut into ½-inch pieces. Trim ends from **onion**, then halve, peel and cut into ¼-inch thick slices.



### 4. Make vinaigrette

While **rice** cooks, chop **cilantro stems** and **half of the leaves**. Save remaining whole leaves for serving. In a small bowl, whisk **vinegar**, **honey**, **3 tablespoons oil**, and the chopped cilantro, season to taste with **salt** and **pepper**.



### 2. Roast vegetables

On a rimmed baking sheet, toss **squash**, **parsnips**, and **onions** with **2 tablespoons oil**, at least **½ teaspoon of the berbere spice blend** (or more depending on heat preference), **¼ teaspoon salt**, and **a few grinds pepper**. Roast on center oven rack until tender, 20-25 minutes.



### 5. Fry eggs

Heat **1 tablespoon oil** in a medium nonstick skillet over high. Crack **2 large eggs** into skillet (be careful to avoid splattering), and season with **salt** and **pepper**. Cook until edges are light brown and crispy and whites are just set, about 1 minute. Cover pan and cook 1 minute more; edges should be very crispy and yolks still runny.



### 3. Cook rice

Add **rice** to boiling water. Cook, uncovered (like pasta!), over high heat until tender, about 20 minutes. Drain well. Return to saucepan and cover to keep warm.



### 6. Finish & serve

Toss **roasted vegetables** with **2 tablespoons vinaigrette** on the baking sheet; season to taste with **salt** and **pepper**. Serve **rice** topped with **veggies**, and drizzle remaining vinaigrette all over. Top with an **egg** and sprinkle **pumpkin seeds** and **remaining whole cilantro leaves** all over. Enjoy!