



Roasted Vegetable Grain Bowl

with Cilantro-Honey Vinaigrette



30-40min



4 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

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

What you need

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

Tools

- fine-mesh sieve
- large nonstick skillet
- large pot
- 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.

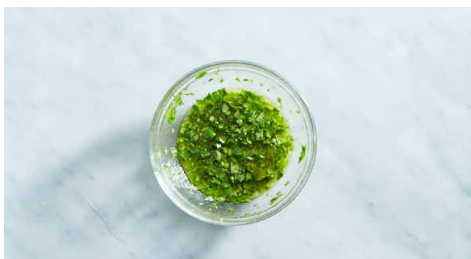
Nutrition per serving

Calories 910.0kcal, Fat 51.0g, Proteins 18.0g, Carbs 103.0g



1. Prep squash & onions

Preheat oven to 450°F with a rack in the center. Bring a large pot 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**, ½ **cup 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 ¼ **cup oil**, at **least 1¼ teaspoons of the berbere spice blend** (or all of it depending on heat preference), ½ **teaspoon salt**, and **a few grinds pepper**. Roast on center oven rack until tender, 20-25 minutes.



5. Fry eggs

Heat **2 tablespoons oil** in a large nonstick skillet over high. Crack **4 large eggs** into pan (be careful to avoid splattering); 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 ¼ **cup 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 **whole cilantro leaves** all over. Enjoy!