



# DINNERLY



## Roasted Veggie Grain Bowl with Lemon-Goat Cheese Dressing

 20-30min  2 Servings

Grain bowls are a delicious and nutritious way to celebrate the bounty of any season! This winter version showcases organic grains, tart roasted lemon, crisp Brussels sprouts, carrots, and onions, and creamy goat cheese. It's satisfying and hits all the right notes. The perfect way to get your New Year off to a great start! We've got you covered!

## WHAT WE SEND

- carrots
- brussels sprouts
- red onion
- lemon

## WHAT YOU NEED

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

## TOOLS

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

## ALLERGENS

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

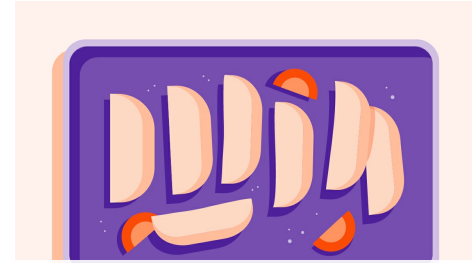
## NUTRITION PER SERVING

Calories 613.0kcal, Fat 29.4g, Proteins 17.9g, Carbs 69.9g



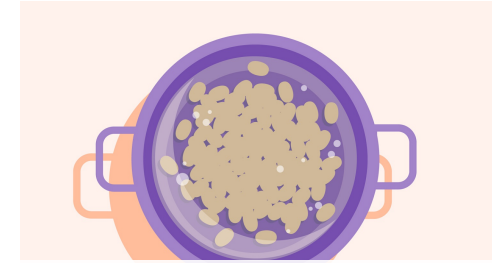
### 1. Prep ingredients

Preheat oven to 450°F with rack in upper third. Peel **carrots** and cut into ¼-inch slices on the diagonal. Trim and halve **Brussels sprouts** (quarter if large). Trim ends from **onion**, then halve, peel, and cut into ½-inch wedges through the core. Zest **lemon**, then cut lemon into 4 wedges.



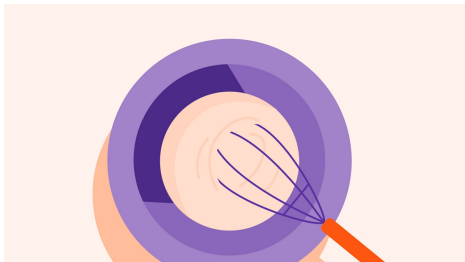
### 2. Roast vegetables

In a medium bowl, combine **carrots**, **Brussels sprouts**, **onion**, **2 lemon wedges**, **2 tablespoons oil**, **½ teaspoon salt**, and **a few grinds pepper**. Transfer to baking sheet (reserve bowl for step 4), and spread evenly; roast until tender and lightly browned in spots, 20–23 minutes.



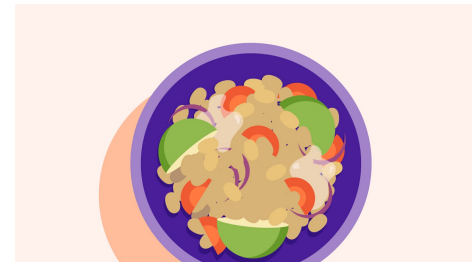
### 3. Cook grains

Bring a small saucepan of **salted water** to a boil. Add grains and cook until tender, 8–10 minutes. Drain and shake out excess water.



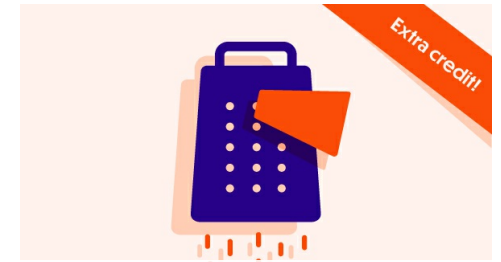
### 4. Make dressing

Carefully transfer **roasted lemon wedges** to veggie bowl from step 2 and press with a spoon to squeeze juice. Discard rind and seeds. Whisk in **2½ tablespoons oil**, **1 tablespoon water**, **1 teaspoon lemon zest**, **½ teaspoon sugar**, and **half of the goat cheese** (reserve the rest for step 5). Season to taste with **salt** and **pepper**.



### 5. Finish

Add **grains** and **roasted vegetables** to **dressing** and toss to coat. Season with **salt** and **pepper** and divide between bowls. Crumble **remaining goat cheese** on top and drizzle with **oil**. Serve with **remaining lemon wedges** for squeezing over. Enjoy!



### 6. Hack

This delicious wintery grain bowl would be all the more yummy with the addition of dried fruits, nuts, or seeds. We suggest dried cherries, toasted hazelnuts, or even salted pepitas—but you can experiment with your favorites!