



## Spring Chicken Grain Bowl

with Ginger-Miso Dressing



20-30min



4 Servings

After a long cold winter of eating super-hearty stews, this light but satisfying grain bowl is a much welcomed change. Grilled asparagus, crunchy sugar snap peas, and baby spinach are paired with grilled chicken, tender-chewy grains, and an aromatic ginger-miso dressing. The only thing you need to ask of this East-meets-West dish is: chopsticks or fork? You decide! Cook, relax, enjoy!



## What we send

- fresh ginger
- quick cooking brown rice
- baby spinach
- red quinoa
- scallions
- boneless, skinless chicken breasts
- asparagus
- sugar snap peas
- rice vinegar

## What you need

- kosher salt & ground pepper
- sugar

## Tools

- fine-mesh sieve
- large saucepan

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.

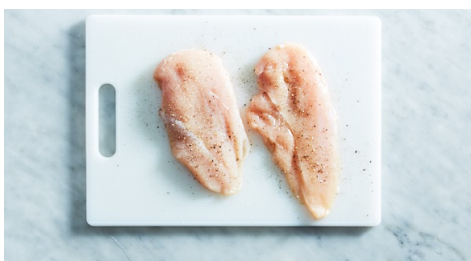
## Nutrition per serving

Calories 580.0kcal, Fat 22.0g, Proteins 43.0g, Carbs 53.0g



### 1. Cook grains

Bring a large saucepan of **salted water** to a boil. Add **brown rice**. Return to a boil and cook for 7 minutes. Stir in **quinoa**, and boil until both rice and quinoa are tender, about 17 minutes more. Drain using a fine-mesh sieve, then return to saucepan. Cover to keep warm.



### 4. Prep chicken

Pat **chicken** dry and pound to an even thickness, if necessary. Rub chicken with **oil** and season all over with  $\frac{3}{4}$  **teaspoon salt** and **several grinds of pepper**.



### 2. Make dressing

Peel and finely grate **half of the ginger** into a small bowl. Add **miso**, **rice vinegar**, **1 1/2 teaspoons sugar**, and  $\frac{1}{4}$  **cup oil**. Season with **salt** and **pepper** and whisk until smooth.



### 5. Grill chicken & asparagus

Heat a grill pan over medium-high or light a grill. Add **chicken** and **asparagus** and cook, turning occasionally, until chicken is lightly charred and cooked through, 5-7 minutes, and asparagus is charred and crisp-tender, 5-6 minutes. Transfer to a cutting board and let sit 5 minutes. Halve asparagus crosswise and cut chicken into  $\frac{1}{2}$ -inch thick slices.



### 3. Prep ingredients

Trim ends from **snap peas** and **scallions** and thinly slice each on an angle. Trim bottom 2-inches from **asparagus**.



### 6. Finish & serve

In a medium bowl, toss **spinach** with **2 tablespoons dressing** and transfer to bowls. Spoon **grains** on top and add **chicken**, **asparagus**, **snap peas**, and **scallions**. Drizzle with **remaining dressing**. Enjoy!