



Summer Vitality Quinoa Bowl

with Chickpeas & Tahini Dressing



20-30min



4 Servings

We're taking advantage of the best of this summer's produce with an ultra-healthy and delicious quinoa bowl. You'll find sweet slices of tomato, fresh mint, and a creamy turmeric dressing for a special finish. Quinoa is rich in protein and fiber, and also tastes great at room temperature, so feel free to pack up the meal for a day at the beach. Cook, relax, and enjoy!

What we send

- cans chickpeas
- fresh mint
- turmeric
- white quinoa
- ground cumin
- english cucumber
- vine-ripened tomatoes
- rice vinegar

What you need

- coarse salt
- freshly ground black pepper
- olive oil

Tools

- fine-mesh sieve
- rimmed baking sheet
- small 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 590.0kcal, Fat 22.1g, Proteins 20.8g, Carbs 68.4g



1. Cook quinoa

Rinse **quinoa** in a fine-mesh sieve. Transfer to a medium saucepan and add **2¼ cups water** and a **pinch of salt**. Bring to a boil, reduce heat to low, and cover. Cook until water is absorbed and quinoa is tender, 18-20 minutes. Set aside, covered, until ready to serve.



4. Broil chickpeas

Broil **chickpeas**, shaking sheet halfway through, until golden and crispy, 6-8 minutes. (Watch closely as broilers vary.)



2. Prep cucumbers

Trim ends from **cucumber** and thinly slice cucumber. Place in a medium bowl. Add **2 tablespoons rice vinegar**, **1 tablespoon oil**, **½ teaspoon salt** and toss to combine.



5. Make dressing

Whisk together **tahini**, **½ teaspoon turmeric**, **½ teaspoon ground cumin** (reserve remaining spices for your own use), **remaining 2 tablespoons vinegar**, **3 tablespoons oil**, and **4 tablespoons water** in a small bowl. Season with **½ teaspoon salt** and **several grinds of pepper** and whisk to combine.



3. Prep chickpeas

Preheat broiler with rack in highest position. Drain liquid from **chickpeas** and dry on a paper towel. Transfer to a rimmed baking sheet, toss with **2 tablespoons oil**, and season with **½ teaspoon salt** and **several grinds of pepper**.



6. Build bowls

Slice **tomatoes** and season lightly with **salt**. Pick **mint leaves** from stems. Divide **quinoa** between bowls and top with **cucumbers**, **tomatoes**, and **crispy chickpeas**. Top with **dressing** and **mint**. Enjoy!