



**NUTRITION** *per serving* 65g carbohydrates 25g fat 22g protein 639mg sodium | low-calorie, vegetarian, gluten-free, soy-free, nut-free



Calories  
557



Prep & Cook Time  
30-40 min.



Cook Within  
7 days



Difficulty  
Easy



Spice Level  
Mild

#### IN YOUR BOX

- 1 ¼ Cup Tri Color Quinoa
- 1 English Cucumber
- 4 oz. Grape Tomatoes
- 1 Shallot
- 1 Lemon
- 1 ½ oz. Sweet Drop Peppers
- 1 ½ oz. Pitted Kalamata Olives
- 3 Oregano Sprigs
- 5.3 oz. Plain Greek Yogurt
- 2 oz. Feta Cheese

#### IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Wire-Mesh Strainer
- Small Pot
- Small Bowl

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HOME CHEF

## Greek Quinoa Grain Bowl

with English cucumber, feta, and Sweet Drop peppers

## BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Thoroughly rinse produce and pat dry
- Place a wire-mesh strainer in the sink

## WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- **Heads Up!** **Cucumber** is used twice in this recipe. **Grated cucumber** goes in **yogurt sauce** and **diced cucumber** is added to final bowl.
- **Heads Up!** **Lemon juice** is used twice in this recipe. 1 Tbsp. is used in both the **vinaigrette** and **cucumber-yogurt sauce**.
- **Sweet Drop peppers** are a mix of mild heat and sweetness. Go ahead and try one, then use to taste in **grain bowl**.
- **Heads Up!** **Oregano** is used three times. Half goes into **vinaigrette**, half goes into **cucumber-yogurt sauce**, and a pinch garnishes the dish.

## FROM THE CHEF

Why rinse quinoa before cooking? Every grain has a natural coating on its exterior that can taste soapy when cooked.

### Did you know...

In addition to being delicious, the monounsaturated fats in olives may help decrease blood pressure.



## Cook the Quinoa

Rinse **quinoa** in a wire-mesh strainer. Bring a small pot with rinsed quinoa, 2 ½ cups **water**, and ½ tsp. **salt** to a boil over high heat. Reduce heat to a simmer and cover. Cook 18-20 minutes, or until water is absorbed and quinoa grains have “sprouted.” Set aside. Rinse wire-mesh strainer clean.



## Make the Yogurt-Cucumber Sauce

In bowl used for vinaigrette, combine **yogurt**, **grated cucumber**, **lemon zest**, 1 Tbsp. **lemon juice**, and remaining **oregano** (reserve a pinch for garnish). Season with ¼ tsp. **salt** and a pinch of **pepper**.



## Prepare the Ingredients

Trim **cucumber**, halve lengthwise, and remove seeds with a spoon. Cut half into ¼” dice. Grate other half and drain 5 minutes in wire-mesh strainer. Halve **grape tomatoes**. Peel and mince **shallot**. Zest **lemon**, halve, and juice. Drain **Sweet Drop peppers** and coarsely chop. Halve **olives**. Stem and coarsely chop **oregano**.



## Plate the Dish

Place a serving of **quinoa** on a plate. Top with (or artfully arrange) **Sweet Drop peppers** (to taste), **tomatoes**, **diced cucumber**, **olives**, and crumbled **feta**. Top with **yogurt sauce** or serve on side. Garnish with reserved **oregano**.



## Make the Vinaigrette

Combine 1 Tbsp. **lemon juice**, **shallot**, half the **oregano**, and 3 Tbsp. **olive oil** in a small mixing bowl. Whisk to combine and season with ½ tsp. **salt** and a pinch of **pepper**. Add vinaigrette to pot with still-warm **quinoa** and stir to combine. Wipe small mixing bowl clean.