



Chicken, Quinoa & Chickpea Bowl with Herb Dressing



2 servings



30 minutes

INGREDIENTS

Vegetables:

- 1/2 cup diced cucumber
- 1/4 cup cherry tomatoes, halved
- 1/4 cup parsley, chopped

Grains and Legumes:

- 1 cup cooked quinoa
- 1 cup canned chickpeas, rinsed and drained

Protein:

- 2 boneless, skinless chicken thighs

Spices:

- 1 tbsp olive oil or grapeseed oil
- 1/2 tsp smoked paprika
- 1 tbsp + 1/2 tsp ground cumin
- 1/4 tsp ground coriander
- Salt and pepper, to taste

Herb Dressing:

- 1 cup vegan mayo
- 1 tbsp dried dill
- 1 tbsp ground cumin
- 1 tbsp dried oregano
- 1 tbsp onion powder
- Juice of half a lemon

EQUIPMENT NEEDED

- Skillet (large)
- Mixing Bowls (2-3 sizes)
- Whisk or Spoon
- Knife & Cutting Board

- Measuring Spoons & Cups
- Tongs or Spatula
- Small Saucepan or Rice Cooker

DIRECTIONS

Step 1: In a small bowl, whisk together vegan mayo, dill, cumin, oregano, onion powder, and lemon juice until smooth. Set aside in the fridge to let the flavors meld.

Prepare the Bowl:

Step 2: Layer the quinoa, chickpeas, cucumber, tomatoes, and parsley in two bowls.

Cook the Chicken:

Step 3: Pat the chicken thighs dry and rub them with olive oil, paprika, cumin, coriander, salt, and pepper.

Step 4: Heat a skillet over medium heat. Cook the chicken for 4-5 minutes per side until fully cooked (internal temperature of 165°F). Let rest for 5 minutes before slicing.

Assemble:

Step 5: Top each bowl with sliced chicken and drizzle with the herb dressing.

INGREDIENT PURPOSES & SUBSTITUTIONS

• Quinoa

Purpose: A high-protein, gluten-free grain that adds texture and fiber.
Substitute: White rice, couscous, or brown rice.



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INGREDIENT PURPOSES & SUBSTITUTIONS (CONT.)

- **Chickpeas**
Purpose: Adds plant-based protein, creaminess, and heartiness.
Substitute: Cannellini beans or black beans.
- **Cucumber**
Purpose: Provides crunch and refreshing coolness.
Substitute: Zucchini, radishes, or celery.
- **Cherry Tomatoes**
Purpose: Brings natural sweetness and acidity.
Substitute: Sun-dried tomatoes or diced bell peppers.
- **Parsley**
Purpose: Adds freshness and a vibrant green touch.
Substitute: Cilantro or fresh dill.
- **Chicken Thighs**
Purpose: A lean, flavorful protein.
Substitute: Tofu, tempeh, or turkey breast.
- **Vegan Mayo**
Purpose: Acts as the base of the sauce, adding creaminess and a rich texture.
Substitute: Cashew cream or plain coconut yogurt.
- **Dried Dill**
Purpose: Provides a bright, tangy herbal note.
Substitute: Fresh dill (use 2-3x the amount).

- **Ground Cumin**
Purpose: Adds warm, earthy undertones to the sauce and chicken.
Substitute: Coriander or garam masala.
- **Dried Oregano**
Purpose: Offers an earthy, slightly bitter flavor to balance the sauce.
Substitute: Dried basil or thyme.
- **Onion Powder**
Purpose: Gives a mild, sweet onion flavor to the herb mayo.
Substitute: Finely minced fresh onion or shallots.
- **Lemon Juice**
Purpose: Adds acidity and brightness to balance the creamy sauce.
Substitute: White wine vinegar or lime juice.

CONFIDENCE TIPS

- **Layering Flavor:** Toast spices in the skillet briefly before cooking the chicken to deepen their flavor.
- **Adjust to Taste:** Add more lemon juice or dill to the herb mayo if you prefer a tangier or herbier flavor.
- **Rest the Chicken:** Let the chicken rest after cooking to retain its juices and enhance its flavor.
- **Customize the Bowl:** Don't have all the ingredients? Swap veggies or grains based on what's in your fridge.