



Mediterranean Grain Bowl

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SERVES: 4-6 | TIME: 90 MINUTES

“This Mediterranean Grain Bowl combines my love for bright, fresh flavors, nutrient-rich ingredients, and, of course, a beautiful arrangement of colors and textures.”

INGREDIENTS

Hot Honey Chicken

- 1 ½ pounds chicken breasts
- ¼ cup avocado oil
- 3 tablespoons hot honey
- 1 lemon, juiced (2-3 tablespoons)
- ½ teaspoon ground oregano
- 3 teaspoons Diamond Crystal kosher salt

Assembly

- 3 cups cooked wild rice
- 1 ½ cups hummus*
- 5 ounces arugula
- 3 roasted red peppers
- ½ English cucumber
- ¼ cup pumpkin seeds

Vinaigrette

- 1 lemon
- ¼ cup avocado oil
- ½ cup loosely packed dill
- 1 tablespoon hot honey
- 1 teaspoon Diamond Crystal kosher salt

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INSTRUCTIONS

- 01 Prepare the chicken by pounding each breast until ½-inch thick, then use a fork to poke holes all over each pounded chicken breast. In a small bowl, make the marinade by whisking the avocado oil, hot honey, juice from the lemon, salt, and dried oregano until combined. Add the chicken to a large container or ziploc bag, then pour the marinade all over. Massage the marinade into the chicken, making sure they are each coated. Transfer to the refrigerator and marinate for 30-40 minutes.
- 02 Turn the grill to high heat. Once fully heated, brush the grates with additional avocado oil. Add the chicken breasts and grill for 3-5 minutes, or until the honey has begun to caramelize and the chicken is cooked halfway. Flip the chicken, then grill for an additional 3-5 minutes or until the internal temperature reaches 165°. Remove from the grill and allow to rest for 7-10 minutes. While resting, slice the lemon from the vinaigrette in half, then add both halves face-down on the grill. Grill until the lemon is caramelized and charred, about 3-5 minutes.
- 03 Add the juice of the charred lemon to a blender or food processor along with the avocado oil, dill, hot honey, and salt. Blend until completely smooth—the vinaigrette should have a vibrant green color.
- 04 Begin assembling. On a large round platter or in a large bowl, spread the hummus over one half, using the back of a spoon to add dramatic swoops. Add the cooked wild rice to the other half of the bowl, then pile the arugula onto half of the wild rice. Slice the rested chicken against the grain into strips ½-inch wide, then lay them across the wild rice and hummus. Roughly chop the roasted red peppers and thinly slice the cucumber, then arrange both in piles in the bowl. Drizzle the vinaigrette all over the bowl, allowing it to seep into the arugula and rice and pool across the hummus. Top with pumpkin seeds, then serve and enjoy.

Notes:

*If using store-bought hummus, Ithaca Hummus and Trader Joe's Organic Hummus are two excellent options. If you prefer to make your own (us, too!), here's a reliable recipe:

Drain a 15 ounce can of chickpeas, reserving the liquid. Add the chickpeas, 1 clove garlic, ¼ cup tahini, juice from ½ lemon, and 1 teaspoon Diamond Crystal kosher salt in a food processor. Process until mostly smooth, slowly adding 2-4 tablespoons of the reserved chickpea liquid until the hummus is light, fluffy, and smooth.