



TABLE & TWINE

MEDITERRANEAN BOWL

Chicken



Lamb
Meatballs



Spinach



Pomegranate
Glaze



Artisan
Grains



Cucumbers &
tomatoes



Cabbage



Feta



Hummus



Tzatziki



Pita



Contains Dairy

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STEP 1

Preheat oven to 425° (400° for convection oven) Remove twine from brown parchment package and place parchment paper on baking sheet, leaving foil on chicken. Place foil wrapped chicken on baking sheet.

STEP 2

Remove meatballs from container and place next to foil wrapped chicken. Brush pomegranate glaze over meatballs. Heat chicken and meatballs for 10-15 minutes (time may increase for each additional serving) or until they reach an internal temperature of 145°F.

STEP 3

When 2-3 minutes remain, remove grilled pita from plastic and place in oven with chicken and meatballs until warm.

STEP 4

Remove lid from rice and heat in microwave for 1-2 minutes, stirring occasionally until warm. * Grains can also be enjoyed at room temperature.

STEP 5

To plate your meal, start with a base of grains and fresh spinach. Add shawarma chicken and lamb kofta meatballs. Top with marinated cucumbers and tomatoes, cabbage, feta, tzatziki, and hummus (as desired)