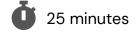




Buddha Bowl

with Millet and Green Goddess Dressing

Smokey, garlicky enoki mushrooms and fresh vegetables served on fluffy millet. Topped with a toasted seed mix and a drizzle of the gorgeous Green Goddess dressing from local GH Produce.





2 servings



Plant-Based

Make Tacos!

Serve the enoki mushrooms and fresh veggies in soft corn tortillas instead for a Mexican-style dish! Dress the red cabbage with vinegar and drizzle with Green Goddess dressing for serving.

TOTAL FAT CARBOHYDRATES

20g 25g 89g

FROM YOUR BOX

MILET	100g
RED CAPSICUM	1
AVOCADO	1
RED CABBAGE	1/4
SESAME & SUNFLOWER SEEDS	1 packet (40g)
ENOKI MUSHROOMS	1 packet (200g)
GREEN GODDESS DRESSING	1 bottle (100ml)

FROM YOUR PANTRY

oil for cooking, pepper, garlic (1 clove), smoked paprika, soy sauce (or tamari)

KEY UTENSILS

large frypan, saucepan

NOTES

If you prefer, lightly pickle the cabbage with a little sugar and vinegar or pan fry it with oil, salt and pepper until just softened.



1. COOK THE MILLET

Place millet in a saucepan and cover with water. Bring to a boil and simmer for 15-20 minutes, or until tender. Drain and rinse in cold water. Press down in a sieve to squeeze out excess liquid.



2. CHOP FRESH INGREDIENTS

Slice capsicum and avocado. Thinly shred red cabbage (see notes).



3. TOAST THE SEEDS

Heat a frypan over medium high heat. Add seeds and cook for 2-3 minutes until golden. Remove from pan, keep pan over heat.



4. COOK THE MUSHROOMS

Add oil to frypan. Crush and add garlic, 1 tsp smoked paprika and mushrooms, broken into clumps. Cook, tossing, for 2-3 minutes. Season with 1 tbsp soy sauce and pepper.



5. FINISH AND SERVE

Construct bowls with millet, fresh ingredients and mushrooms. Sprinkle over seeds and drizzle with dressing to taste.



