



Product Spotlight: Sesame Seeds

Sesame seeds are considered an excellent source of copper, which helps your body make red blood cells and keeps your immune system healthy.



2 Nourishing Buddha Bowl with Peanut Sauce

Nutty buckwheat served in a bowl with mushrooms, fresh vegetables and a creamy peanut sauce.

 30 mins

 2 servings

 Plant-Based

27 August 2021

Bulk it up!

If you want to stretch your Buddha bowl to extra serves, add some oven-roasted chickpeas as a topping.

Per serve: **PROTEIN** 23g **TOTAL FAT** 26g **CARBOHYDRATES** 63g

FROM YOUR BOX

BUCKWHEAT	1 packet (100g)
GINGER	1 piece
PEANUT BUTTER	2 slugs
SPRING ONIONS	1/2 bunch *
BUTTON MUSHROOMS	1 bag (150g)
SESAME SEEDS	1 packet (10g)
KALE	1/2 bunch *
SNOW PEAS	1/2 bag (75g) *
AVOCADO	1

**Ingredient also used in another recipe*

FROM YOUR PANTRY

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

KEY UTENSILS

frypan, saucepan

NOTES

We used sesame oil for extra flavour.

Cook spring onions and mushrooms together to save time.

Cook kale with mushrooms for added warmth in your dish.



1. COOK THE BUCKWHEAT

Place buckwheat in a saucepan and cover with water. Bring to a boil and cook for 10–12 minutes until tender. Drain and rinse.



2. MAKE THE SAUCE

Crush **1 garlic clove**, grate ginger to yield 2 tsp. Add to a bowl along with **1 tsp cracked pepper**, peanut butter, **1 tbsp soy sauce**, and **1/4 cup water**. Whisk together to combine.



3. CHAR THE SPRING ONION

Heat a frypan over medium–high heat with **oil** (see notes). Cut spring onions (reserve green tops) into 3cm pieces. Add to pan and cook for 3–4 minutes until charred. Remove spring onions, keep pan on heat.



4. COOK THE MUSHROOMS

Slice mushrooms. Add to pan along with sesame seeds. Cook for 5–6 minutes or until softened.



5. PREPARE INGREDIENTS

Remove kale leaves from stalk, roughly chop. Massage kale in 1 tsp sauce to tenderise (see notes). Trim and slice snow peas. Slice avocado and reserved spring onion tops.



6. FINISH AND PLATE

Divide buckwheat into bowls. Top with cooked vegetables and fresh ingredients. Drizzle over sauce to taste.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

