



## Superfood Vitality Bowl

with Almond Dressing & Coconut



20-30min



2 Servings

We packed all the flavors, colors and textures of veggies, nuts and seeds that we could into this bowl. For a green we chose Mizuna—originally from Japan—a peppery leaf with a milder kick than arugula. You'll get protein from the beautiful, reddish adzuki beans. Roasted carrots add sweetness and a luscious almond dressing binds it all together. For a special finish there's crunchy coconut flake...



## What we send

- lime
- baby mizuna
- wholegrain buckwheat
- unsweetened flaked coconut

15

- carrots
- adzuki beans
- toasted sunflower seeds <sup>6</sup>

## What you need

- coarse salt
- freshly ground black pepper
- olive oil
- sugar

## Tools

- fine-mesh sieve
- small saucepan

**Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.**

**For recipes containing garlic, you'll find one head of garlic in your box.**

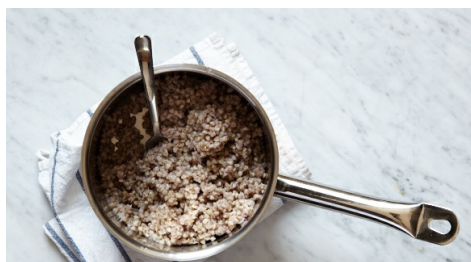
**We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.**

### Allergens

Soy (6), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### Nutrition per serving

Calories 755kcal, Fat 29g, Carbs 86g, Proteins 28g



### 1. Cook buckwheat

Rinse buckwheat in a fine-mesh sieve under cold water. Transfer to a small saucepan and add 1 ½ cups water and a pinch of salt. Bring to a boil, reduce heat and cover. Cook until buckwheat is tender and water is absorbed, 15 minutes.



### 2. Roast carrots

Preheat oven to 425°F. Peel carrots and cut into 1 ½-inch pieces. Place on a rimmed baking sheet and toss with 2 tablespoons olive oil and season with salt and pepper. Roast until golden and tender, 20-25 minutes.



### 3. Make dressing

Place almond butter in a small bowl. Halve lime and squeeze half into bowl with almond butter. Add tamari, 2 tablespoons water, and ½ teaspoon sugar. Use a fork to whisk together until smooth.



### 4. Prep greens and beans

Toss mizuna with remaining half of lime juice and season with salt and pepper. Rinse and drain beans and place in a medium bowl; toss with 2 tablespoons olive oil and season with salt and pepper.



### 5. Toast coconut

Spread coconut on a rimmed baking sheet and toast in the oven until golden, 3-4 minutes.



### 6. Build bowls

Divide buckwheat between bowls and top with roasted carrots, mizuna, and beans. Spoon dressing over and top with coconut and sunflower seeds.