



Carrot-Ginger Buddha Bowl

with Quinoa, Mushrooms & Spinach



20-30min



2 Servings

Quinoa became a dietary staple in Peru and Bolivia around 4,000 years ago due to its abundance. Fast forward to the present day—quinoa is having a moment, and we're here for it. Quinoa is a seed that cooks similarly to rice, plus it is gluten-free and nutrient dense making it a healthy sub for grains.

What we send

- 1 carrot
- 6 oz quinoa
- ½ oz toasted sesame oil ¹
- 1 oz fresh ginger
- ½ oz tamari soy sauce ²
- 6 oz portobello mushrooms
- 1 oz salted cashews ³
- 3 oz baby spinach

What you need

- kosher salt & ground pepper
- white wine vinegar
- sugar
- neutral oil

Tools

- box grater or microplane
- rimmed baking sheet
- small saucepan

Allergens

Sesame (1), Soy (2), Tree Nuts (3).
May contain traces of other allergens.
Packaged in a facility that packages
gluten containing products.

Nutrition per serving

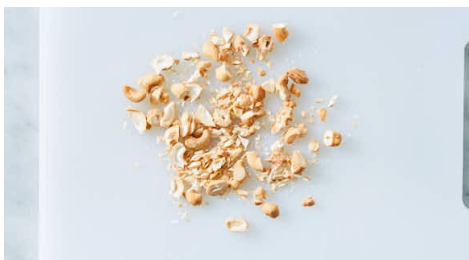
Calories 810kcal, Fat 51g, Carbs 75g,
Protein 19g



1. Cook quinoa

Scrub and finely grate **2 tablespoons carrot**; slice remaining carrot into thin sticks.

In a small saucepan, combine **quinoa, 1½ cups water**, and **½ teaspoon salt**. Bring to a boil. Add sliced carrots to saucepan (don't stir). Cover and cook over low heat until quinoa is tender and water is absorbed, about 15 minutes. Remove from heat. Keep covered to keep warm.



4. Chop cashews

Roughly chop **cashews**.



2. Make dressing

Finely grate **2 teaspoons peeled ginger** into a small bowl. To the small bowl with ginger, add **grated carrot, tamari, 2 tablespoons vinegar**, and **1½ teaspoons sugar**; whisk to combine.

Slowly whisk in **3 tablespoons neutral oil** and **½ teaspoon sesame oil**. Season to taste with **salt and pepper**.



5. Make salad

In a medium bowl, toss **spinach** with **½ teaspoon each of neutral oil and sesame oil**. Season to taste with **salt and pepper**.



3. Broil mushrooms

Preheat broiler with a rack in the top position. Remove stem and gills from **mushrooms**.

On a rimmed baking sheet, toss mushrooms with **2 tablespoons neutral oil**. Sprinkle with **salt and pepper**. Broil on top oven rack until mushrooms are tender and lightly browned, flipping halfway through, about 5 minutes (watch closely, as broilers vary).



6. Finish & serve

Thickly slice **mushrooms**. Using tongs, remove **carrots** from **quinoa**. Fluff quinoa with a fork and spoon into bowls.

Top **quinoa** with mushrooms, **spinach**, and **carrots**. Drizzle with **carrot-ginger dressing** and sprinkle with **cashews**. Drizzle with **some of the remaining sesame oil**, if desired. Enjoy!