

MARLEY SPOON



VEGAN

NO ADDED GLUTEN

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

- white quinoa
- portobello mushrooms
- baby spinach
- carrots
- fresh ginger
- toasted sesame oil ¹
- 2
- 3

What you need

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

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 650kcal, Fat 54g, Carbs 40g,
Protein 10g



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

Peel and finely grate **2 teaspoons 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 neutral oil and sesame oil**. Season to taste with **salt and pepper**.



3. Broil mushrooms

Preheat broiler with top rack 6 inches from heat source. 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!