





## Winter Buddha Bowl

4 servings

40 minutes

### Ingredients

1 head Cauliflower (cut into florets)  
 1 Carrot (chopped into 1 inch rounds)  
 1 Beet (chopped into 1 inch pieces)  
 1 Turnip (chopped into 1 inch pieces)  
 1 Parsnip (chopped into 1 inch pieces)  
 2 cups Chickpeas (cooked, drained and rinsed)  
 1 cup Quinoa (uncooked)  
 1 1/2 cups Water  
 1/4 cup Tahini  
 3 tbsps Extra Virgin Olive Oil  
 1 Lemon (juiced)  
 1 Garlic (clove, minced)  
 1/4 tsp Sea Salt  
 4 cups Kale Leaves

### Directions

- 1 Preheat oven to 420°F (216°C).
- 2 Place cauliflower florets, carrots, beet, turnip and parsnip in a large mixing bowl (toss beets separately if you want to keep the lighter veggies clean). Season with sea salt and pepper and drizzle with a splash of extra virgin olive oil. Toss well. Line a large baking sheet with parchment paper and spread vegetables evenly across. Bake in oven for 30 minutes.
- 3 Meanwhile, place quinoa in a saucepan with the water. Place over high heat and bring to a boil. Cover with lid and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from heat and fluff with a fork.
- 4 Create your dressing by combining tahini, extra virgin olive oil, lemon juice, minced garlic and sea salt together in a mason jar. Add 3 tbsp warm water. Shake well and set aside. (Note: Feel free to add extra water, 1 tbsp at a time, to reach desired dressing consistency.)
- 5 Place the kale in a bowl and massage with a bit of extra virgin olive oil. Season with sea salt. Place in frying pan over medium heat and saute just until wilted. Transfer into a bowl.
- 6 Pour your chickpeas into the same frying pan (which should still be lightly greased from the kale) and saute until slightly browned.
- 7 Assemble your Buddha bowl by placing quinoa in the bottom of a bowl and arranging roasted winter vegetables, sautéed kale and warm chickpeas on the top. Drizzle desired amount of dressing over the bowl. Enjoy!

### Notes

**Make it 'Cheesy',** Use the 'cheese sauce' from our Mac n' 'Cheese' recipe.



## Roasted Watermelon Radishes

4 servings

20 minutes

### Ingredients

4 cups Watermelon Radish (ends trimmed and sliced)

3 tbsps Extra Virgin Olive Oil

1/4 tsp Sea Salt (or to taste)

### Directions

- 1 Preheat oven to 400°F (204°C) and line a baking sheet with foil.
- 2 In a mixing bowl, toss watermelon radishes with olive oil and salt. Transfer to baking sheet and roast for 20 minutes, flipping halfway.
- 3 Remove from the oven and enjoy!

### Notes

Storage, Refrigerate in an airtight container up to 2 to 3 days.

Serve Them With, Our Shredded Chicken or Savoury Roasted Chickpeas.



## Poached Egg with Watercress

1 serving  
15 minutes

### Ingredients

1 Egg  
1 tbsp Apple Cider Vinegar  
1 tbsp Coconut Oil  
4 cups Watercress (chopped)  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 Crack your egg into a bowl. Bring a pot of water to a boil on your stovetop. Add vinegar.
- 2 Stir your water with a spoon to create a whirlpool. Carefully add your egg into the whirlpool. Cook for 3 to 4 minutes, then use a slotted spoon to carefully remove the poached egg onto a plate lined with paper towel to soak up the excess liquid.
- 3 In a skillet, heat oil over medium-high. Add watercress and cook just until wilted, about 3-5 minutes. Season with salt and pepper to taste.
- 4 Transfer watercress to a plate and top with your poached egg. Enjoy!

### Notes

No Watercress, Use spinach, kale or any dark leafy greens.



## Strawberry Quinoa Arugula Salad

4 servings

40 minutes

### Ingredients

- 1/2 cup Quinoa (uncooked)
- 2 tbsps Tahini
- 1 tbsp Maple Syrup
- 1 1/2 tsps Lemon Juice
- 1 tbsp Water (warm)
- 1/8 tsp Sea Salt
- 6 cups Arugula
- 1/4 cup Sunflower Seeds
- 1 cup Strawberries (chopped)

### Directions

- 1 Cook the quinoa according to package directions. Let cool.
- 2 In a large mixing bowl whisk together the tahini, maple syrup, lemon juice, water and salt. Season the dressing with additional salt or lemon juice if needed.
- 3 Pour the dressing over the arugula and toss to coat evenly. Fold in the cooked quinoa, sunflower seeds and strawberries. Transfer to plates and serve immediately. Enjoy!

### Notes

**Meal Prep,** For best results, store all items separately in the fridge and assemble the salad just before serving.

**No Arugula,** Use baby spinach instead.

**No Sunflower Seeds,** Use pumpkin seeds, hemp seeds or chopped walnuts instead.