



# BLACK BEAN NOURISH BOWL WITH SUNSHINE SAUCE

SERVES 2 OR 4

TIME: 30 MIN

CALORIES: 670/SERVING



A simple bowl full of whole grains, plant protein and an array of vegetables gets taken to the next level thanks to our turmeric infused Sunshine Sauce. Full of nutty buckwheat, filling black beans, fresh spring greens, crispy broccoli, crunchy radishes and cucumber with pickled red onion for a hit of briny goodness.

## WHAT YOU'LL NEED

- Baking sheet
- Silicone baking mat (optional)
- Small pot
- Vegetable peeler
- Oil
- Salt
- Pepper



## OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE	2 servings	4 servings
Black beans	3/4 cup	1.5 cups
Buckwheat groats	1/2 cup	1 cup
Mixed greens	2 handfuls	4 handfuls
Broccoli	1 head	2 heads
Baby cucumber	1	2
Radishes	3	6
Pickled red onion	1/4 cup	1/2 cup
Sunshine sauce	1/4 cup	1/2 cup



Preheat your oven to 400°F and prep your ingredients: rinse the **black beans**, cut the **broccoli** into bite-sized pieces, use a vegetable peeler to slice the **cucumber** into ribbons, thinly slice the **radishes**, thoroughly rinse the **buckwheat** and drain.



Toss the **broccoli** in 1 tbsp of **oil** (2 tbsp for 4 servings) and season with a pinch of **salt** and **pepper**. Spread on a baking sheet lined with a silicone baking mat or lightly greased. Roast for 20 minutes, tossing halfway through.



Meanwhile, cook the buckwheat: Add to a small pot with 3/4 cup **water** (1.5 cups for 4 servings) and a pinch of **salt**. Bring to a boil, lower to a simmer, cover and cook for 15-20 minutes until all the water is absorbed.

Nutrition Facts		Valeur nutritive	
Per Serving (585 g) pour 1 (585 g)			
<b>Calories 670</b>		<b>% Daily Value*</b>	
		<b>% valeur quotidienne*</b>	
<b>Fat / Lipides</b> 27 g			36 %
Saturated / saturés 6 g			30 %
+ Trans / trans 0 g			
<b>Carbohydrate / Glucides</b> 83 g			
Fibre / Fibres 18 g			64 %
Sugars / Sucres 15 g			15 %
<b>Protein / Protéines</b> 34 g			
<b>Cholesterol / Cholestérol</b> 25 mg			8 %
<b>Sodium</b> 450 mg			20 %
Potassium 1550 mg			33 %
Calcium 550 mg			42 %
Iron / Fer 7 mg			39 %
*5% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			



Divide the **greens** between bowls and top with the **buckwheat**, **black beans**, **roasted broccoli**, **cucumber ribbons**, **radishes**, **pickled onions**, and a drizzle of the **sunshine sauce**.