



BRASSICAS BOWL

SERVES 2 OR 4

TIME: 30 MIN

CALORIES: 630/SERVING



Our favourite brassica family vegetables, kale, brussels sprouts and broccoli, tossed in mustard shallot dressing and paired with pan-fried tempeh and creamy avocado. Sprinkled with sunflower seeds, sesame seeds, chives and red pepper flakes for an extra punch of texture and flavour.

WHAT YOU'LL NEED

- Baking sheet
- Silicone baking mat (optional)
- Pan
- Oil
- Salt
- Pepper



WHAT'S INSIDE 2 servings 4 servings

Tempeh	100 g	200 g
Shallot	1	2
Avocado	1	2
Kale	1/4 bunch	1/2 bunch
Brussel sprouts	1 cup	2 cups
Broccoli	1 head	2 heads
Dressing	1/4 cup	1/2 cup
Seed mix	2 tbsp	4 tbsp
Chili flakes	1 tsp	2 tsp

Nutrition Facts		Valeur nutritive	
Per (650 g)		Pour 1 (650 g)	
Calories 630		% Daily Value*	
Fat / Lipides 42 g		% valeur quotidienne*	56 %
Saturated / saturés 6 g			30 %
+ Trans / trans 0 g			
Carbohydrate / Glucides 49 g			
Fibre / Fibres 25 g			89 %
Sugars / Sucres 11 g			11 %
Protein / Protéines 30 g			
Cholesterol / Cholestérol 0 mg			0 %
Sodium 920 mg			40 %
Potassium 2350 mg			50 %
Calcium 400 mg			31 %
Iron / Fer 7.5 mg			42 %

*5% or less is a little 15% or more is a lot
*5% ou moins c'est peu 15% ou plus c'est beaucoup

OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!



Preheat your oven to 400°F and prep your ingredients: slice the **tempeh**, finely dice the **shallot**, halve the **avocado**, remove the stems and roughly chop the **kale**, trim and thinly slice the **brussels sprouts**, and cut the **broccoli**.



Toss the **broccoli** in 1 tbsp of **oil** (2 tbsp for 4 servings) and season with **salt** and **pepper**, and a pinch of **chili flakes** (optional). Spread on a baking sheet lined with a silicone baking mat or lightly greased and roast for 10-15 minutes until tender.



Add the **shallot** to the **dressing** and whisk to combine.



In a large bowl, toss the **dressing** with the **kale** and **brussels sprouts**. Using clean hands, massage the **dressing** into the **kale** and **brussels sprouts** until they've softened, then season with **salt** and **pepper** to taste.



Heat 1 tbsp of **oil** (2 tbsp for 4 servings) in a pan over medium heat. Once hot, add the **tempeh** and cook until both sides are crisp and golden brown. Season with a pinch of **chili flakes** (optional).



Divide the **salad** between bowls and top with the **tempeh**, **avocado**, and **roasted broccoli**. Sprinkle with the **seed mix**.