



HARVEST BOWL WITH MISO MAPLE SAUCE

SERVES 2 OR 4

TIME: 45 MIN

CALORIES: 1070/SERVING



A perfect nourish bowl for the harvest season. Fluffy rice with caramelized spiced squash, hearty kale, crispy Brussels sprouts, crisp granny smith apple, tofu and a perfect miso maple tahini sauce to pull it all together.

WHAT YOU'LL NEED

- Pot
- 2 baking trays
- 2 silicone baking mats (optional)
- Pan
- Oil
- Salt
- Pepper



WHAT'S INSIDE

2 servings 4 servings

Kale	1/4 bunch	1/2 bunch
Acorn squash	1	2
Spice blend	1/2 Tbsp	1 Tbsp
Brussels sprouts	1 cup	2 cups
Apple	1	2
Tofu	200 g	400 g
Wild rice mix	1 cup	2 cups
Walnuts	1/4 cup	1/2 cup
Miso maple sauce	1/2 cup	1 cup

Nutrition Facts Valeur nutritive

Per Serving (538 g)
pour 1 (538 g)

Calories 1070	% Daily Value*
Fat / Lipides 61 g	81 %
Saturated / saturés 8 g	40 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 104 g	64 %
Fibre / Fibres 18 g	23 %
Sugars / Sucres 23 g	
Protein / Protéines 42 g	33 %
Cholesterol / Cholestérol 0 mg	0 %
Sodium 270 mg	12 %
Potassium 1550 mg	69 %
Calcium 900 mg	47 %
Iron / Fer 8.5 mg	

*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 oven to 400°F. Rinse the **rice**. In a pot, combine the **rice** with 1.75 cups of **water** (3.5 cups for 4 servings) and 1 tbsp of **oil** (2 tbsp for 4 servings). Bring to a boil then cover, reduce heat to low, and simmer for 40-45 minutes until rice is fully cooked. Let sit for 5 minutes then fluff with a fork.



Meanwhile, prep the rest of the ingredients: trim and remove seeds from the **squash** and slice, remove stems from **kale** and thinly slice, trim and halve the **Brussels sprouts**, thinly slice the **apple**, and cube the **tofu**.



Toss the **squash** in 1 tbsp of **oil** (2 tbsp for 4 servings), **spice blend**, and a pinch of **salt** and **pepper**. Spread on a baking sheet lined with a silicone baking mat or lightly greased and bake for 35-40 minutes until tender.



Toss the **Brussels sprouts** with 0.5 tbsp of **oil** (1 tbsp for 4 servings) and season with **salt** and **pepper**. Spread on a second baking sheet lined with a silicone baking mat or lightly greased and bake for 20 minutes until golden brown and tender.



Heat a pan over medium heat with 1 tbsp of **oil** (2 tbsp for 4 servings). Once hot, add the **tofu** and cook, flipping as needed, until all sides are golden brown and crispy.



Massage the **kale** with 1 tbsp of **oil** and a pinch of **salt** until tender and slightly wilted. Divide between bowls and top with the **rice**, **squash**, **Brussels sprouts**, **tofu**, **apples**, **walnuts**, and **miso maple sauce**.