



ROASTED TOFU, VEGETABLE & QUINOA CASHEW BOWL WITH GINGER TURMERIC SAUCE

SERVES 2 OR 4

TIME: 45 MIN

CALORIES: 910/SERVING



This bowl's got everything you need for a nourishing boost of plant-based goodness: roasted and raw vegetables for fibre and micronutrients, crispy baked tofu for protein, fluffy quinoa for complex carbs, and a sauce full of gut-loving miso and immune-boosting ginger and turmeric.

WHAT YOU'LL NEED

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



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE

	2 servings	4 servings
Broccoli	1/2 head	1 head
Carrots	2	4
Mushrooms	2-4 oz	4-8 oz
Red onion	1	2
Tofu	200 g	400 g
Quinoa	1/2 cup	1 cup
Spinach	2 cups	4 cups
Cashews	1/4 cup	1/2 cup
Avocado	1	2
Spice blend	1 tsp	2 tsp
Sauce	2/3 cup	1 1/3 cup



Preheat the oven to 400°F. Prep ingredients: cut **broccoli** into florets, peel and chop **carrots**, slice **mushrooms**, cut **onion** into wedges, cube **tofu**, rinse **quinoa**, chop **spinach**, and thinly slice the **avocado**.



Toss the **broccoli**, **carrots**, **mushrooms**, **onion**, and **tofu** with **spice blend** and 2 tbsp of **oil** (4 tbsp for 4 servings), and season with **salt** and **pepper**. Spread on a baking sheet lined with a silicone baking mat or lightly greased and roast for 25-30 minutes until tender and golden, mixing occasionally to ensure even roasting.



Meanwhile, combine the **quinoa** with 1 cup of **water** (2 cups for 4 servings) in a pot. Bring to a boil then lower to a simmer, cover, and cook for 15 minutes. Remove from heat and let sit covered for a few minutes before fluffing.



Heat a pan over medium-low heat. Once hot, add the **cashews** and toast them, tossing often, until golden brown and fragrant. Remove from pan and set aside.



Divide the **spinach**, **quinoa**, and **roasted vegetables** between bowls and top with the **sauce**, **sliced avocado**, and **toasted cashew pieces**.

Nutrition Facts		Valeur nutritive	
Per (594 g)			
Pour 1 (594 g)			
Calories 910		% Daily Value*	
Fat / Lipides 62 g		% valeur quotidienne*	83 %
Saturated / saturés 9 g			45 %
+ Trans / trans 0.1 g			
Carbohydrate / Glucides 67 g			
Fibre / Fibres 19 g			68 %
Sugars / Sucres 14 g			14 %
Protein / Protéines 35 g			
Cholesterol / Cholestérol 0 mg			0 %
Sodium 330 mg			14 %
Potassium 1950 mg			41 %
Calcium 850 mg			65 %
Iron / Fer 8.5 mg			47 %
*5% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			