



High-Protein Buddha Noodle Bowl with Spicy Tahini Sauce

Summer's not done yet! I love Buddha bowls when I go out to eat – the mix of flavours, colours, temperatures, and textures is such a treat for a breezy summer evening. This colourful creation is loaded with protein, thanks to the combo of adzuki bean spaghetti, black beans, and tahini. Multi-coloured root veggies like purple and orange carrots and beets offer beta-carotene, lutein, naturally-occurring nitrates, and anthocyanins – all powerful antioxidants for healthy skin, sight, and cardiovascular function. Beans, sesame seeds, and nori offer calcium, iron, magnesium, iodine, and other trace minerals which are great for bone, thyroid, and skin health. Overall, this is a powerful mix that's filling, easy to prepare, and looks beautiful.

Ingredients:

- ½ to ¾ package Explore Asian adzuki bean spaghetti (can substitute buckwheat soba, kelp/wakame noodles, or other bean spaghetti)
- ½ cup cooked black beans OR ¼ package diced tempeh
- 1 medium orange carrot, spiralized OR ½ grated
- 1 medium purple carrot, spiralized OR ½ grated (can substitute a small red or gold beet)
- Small handful organic mixed greens such as baby spinach, arugula, chard, etc.
- Small handful pea shoots, sunflower shoots, or other sprouts
- 4-5 leaves chopped fresh Thai basil
- ½ to 1 packet toasted sesame nori chips, crumbled
- 1½ Tbsp. tahini
- 1½ Tbsp. coconut aminos
- 3 Tbsp. warm water
- ⅛ tsp. organic chili powder
- ⅛ tsp. organic ground ginger
- Pinch sea salt, optional, to taste

Directions:

Sara Galipeau

Registered Holistic Nutritionist



Boil water and cook the noodles as directed.

While you wait for the water to boil and noodles to cook, prepare the carrots/beet, keeping the different colours separate, and drain the beans in a mesh strainer. Set aside.

Put the tahini, coconut aminos, water, and spices in a food processor or blender and whiz until smooth. Add more water if you desire a thinner sauce (alternatively, unsweetened almond or coconut milk may be used instead of water). Set aside.

Drain the noodles (optional: leave the beans in the strainer when doing so – the heat from the water and the pasta will also warm up the beans).

Place the noodles and beans in your bowl, then place the vegetables on top, each colour in its own spot. Place the nori in the centre, then drizzle on the tahini sauce. Sprinkle basil and sesame seeds if desired and serve.