

BUDDHA BOWL

SAUCE

- 1/3 cup (75 ml) mayonnaise
- 2 tbsp (30 ml) peanut butter
- 2 tbsp (30 ml) water
- 1 tbsp (15 ml) rice vinegar
- 1 tsp (5 ml) sambal oelek
- 1 tsp (5 ml) soy sauce

BOWL

- 1 tbsp (15 ml) rice vinegar
 - 1/2 tsp sugar
 - 1 pinch crushed red pepper flakes
 - 2 cups (170 g) sliced cabbage
 - 1 carrot, cut into fine ribbons
 - 1 can (19 oz/540 ml) chickpeas, drained and rinsed
 - 1 tbsp (15 ml) vegetable oil
 - 1/2 lb (225 g) green beans, trimmed and cut in half
 - 1/2 lb (225 g) soba noodles
 - 1 small mango, peeled and diced
 - 1/4 cup (40 g) toasted salted peanuts, chopped
 - 2 tbsp finely chopped cilantro
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SAUCE

In a small bowl, whisk all of the ingredients together until combined. Season with salt and pepper. Set aside.

BOWL

In a large bowl, mix the vinegar, sugar, and red pepper flakes together until the sugar has dissolved. Add the cabbage and carrot. Season with salt and pepper, and mix well. Let marinate for 15 minutes.

Meanwhile, in a non-stick pan over medium heat, brown the chickpeas in the oil. Season with salt and pepper. Set aside.

In a pot of boiling salted water, cook the green beans for 4 minutes or until al dente. Using a slotted spoon, remove them from the water and plunge into an ice bath to stop the cooking process. Drain. In the same pot of boiling water, cook the noodles until al dente. Drain and lightly oil.

Place the noodles in bowls. Top with cabbage, carrot, chickpeas, and green beans. Drizzle with the sauce. Garnish with mango, peanuts, and cilantro.

NOTE You can replace the chickpeas with chicken or grilled shrimp.

PREPARATION
30 MIN

MARINATING
15 MIN

COOKING
12 MIN

SERVINGS
4

FREEZES
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