



Dose of Nutrition

## Mediterranean Fungi Nourish Bowl

BY HUMA NAZ



Serves 1



Total time:  
20 mins.



Vegetarian

## INGREDIENTS

### Bowl ingredients

- 1 Nature's Fynd Meatless Breakfast Patty
- 1/4 cup cooked/seasoned quinoa
- 1 cup chopped kale
- 1/4 cup chickpeas, canned
- 1/4 cup chopped cucumbers
- 1/2 cup chopped veggies (bell peppers, red onion, tomato)
- 2 lemon wedges
- 1 garlic clove, minced or 1 1/2 tsp. garlic powder.
- Oil
- Seasonings: chili powder, cumin seeds, turmeric, dried or fresh cilantro, coriander powder, salt, pepper, cumin seeds (add per taste)

### Vegan Cream Cheese Dip Ingredients

- 2 tbsp. Nature's Fynd Dairy-Free Cream Cheese
- 1/2 tbsp. fresh dill
- 1 tsp. chili flakes
- 1 tbsp. lemon juice
- 1/2 tsp. onion powder
- 1/2 tsp. garlic powder
- 1 tbsp. sour cream(optional)
- salt/ pepper

## RECIPE NOTES

- Leftovers can be stored in an airtight container for about 4 days.

## INSTRUCTIONS

01

Prep the patty: Grill or pan fry the patty with hint of olive oil according to package instructions.

02

Prep the Quinoa: Prep 1 serving of quinoa according to package. Season pot of quinoa with 1/3 tsp. turmeric, 1/2 tsp. cumin seeds, 1/3 tsp. coriander powder, 1/2 garlic clove minced or 1 tsp. garlic powder, salt/pepper to taste.

03

Prep the chickpea salad: Toss canned chickpeas and cucumber in 1 tbsp. lemon juice, 1/2 tsp. chili powder, 1/2 tsp. coriander powder, 1/2 fresh minced garlic clove or 1/2 tsp. garlic powder, salt/pepper to taste, dried or fresh cilantro.

04

Prep the dip: Mix all ingredients together until well combined.

05

Time to assemble the bowl: Begin by adding a base of kale to your bowl. Add slices of the meatless patty on top of the kale. Next, fill each empty section of the bowl with the quinoa, chickpea salad, and fresh cut veggies (tomato, onions, bell peppers). Lastly, add a dollop of the dip to the center of the bowl and garnish with a lemon wedge. Enjoy the bowl in sections or mix to combine all the flavors!

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