

WHOLE FOODIE CHALLENGE – OH SHE GLOWS REVIEW LIST

RECIPE: Chickpea Miso Gravy Bowl

CATEGORY	SCORE/COMMENTS
Ingredients	SCORE: 3/5
<i>How easy were the ingredients to find? Did I have on hand already?</i>	I had an impossible time finding the chickpea miso, and sorghum flour (although you can substitute for cornstarch in a pinch)
<i>Are ingredients transferable to other recipes?</i>	
<i>Were the ingredients easy to cook and prepare?</i>	
Preparation	SCORE: 5/5
<i>How easy was the recipe to follow and prepare ingredients?</i>	Yes it was easy to prepare, and well explained
<i>Were there steps missing, or not well explained?</i>	
Cost	SCORE: 3.5/5
<i>Was the item fair in price?</i>	I think the chickpea miso is quite expensive, although it would last a while and you could use in other recipes
<i>Were there ingredients that could have been swapped for cheaper ingredients?</i>	
Time	SCORE: 4/5
<i>Did it take the amount of time indicated?</i>	Fairly simple and quick recipe to make, and it's even faster with spiralized yams!
<i>Was it time consuming?</i>	
<i>Did it take only one day to prepare?</i>	
Appearance	SCORE: 3.5/5
<i>Did the end product look appealing?</i>	Fairly nice appearance at the end, the gravy came through a bit thicker than I intended
<i>Did it have a good smell?</i>	
Taste/Flavor	SCORE: 4/5
<i>How did finished recipe taste?</i>	Great taste with a nice tang from the miso gravy, and sweetness from the yams
<i>Did flavors require modifying?</i>	
<i>Was there a secondary person to take a taste test? ;)</i>	
Texture	SCORE: 4/5
<i>Was there a good amount of texture in the meal?</i>	This really depends on the person, some may not like it with mushrooms, but for anyone who is a fan they would love the texture
<i>Were their competing elements that distract from the recipe?</i>	
Satiety Level	SCORE: 5/5
<i>Did I feel fulfilled at the end of the meal?</i>	Nice and filling for sure, I felt very satisfied after the meal
<i>How long was it after eating the recipe until I had to eat again?</i>	
Nutrition	SCORE: 5/5
<i>How much of the daily recommendations of protein/fat/carbohydrates were in the meal?</i>	Great overall balance of carbs/fat and protein and under 500 calorie meal is a + for me!
<i>Were there any high allergens in the meal?</i>	
<i>Any ingredients that could be omitted?</i>	
Longevity	SCORE: 3.5/5
<i>Could this item be made into a leftover?</i>	Yes it worked well as a leftover, although the mushrooms did not taste nearly as good, so I would suggest doing everything but the mushrooms
<i>If so, how does it taste the next day, the day after?</i>	
<i>Are there certain instructions that need following (ie. keep in freezer?)</i>	

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OVERALL SCORE:

40.5/50

