

BUDDHA BOWL with spicy sesame dressing

PREP 30 MIN



COOK 20 MIN

INGREDIENTS

SPICY SESAME DRESSING

1/3 cup peanut butter
1/4 cup sesame oil
1/3 cup soy sauce
1/4 cup rice vinegar
1 tbsp maple syrup
1 tbsp chili paste
1 clove garlic, minced
1 tbsp fresh ginger, grated

BUDDHA BOWL

Purple cabbage, thinly sliced
Beets, spiralized or grated
Carrots, grated
Spinach, chopped
Tofu, seared
Black Beans, rinsed
Avocado
Broccoli, slightly steamed
Sweet Potato, cubed and roasted
Shitake mushrooms, roasted
Quinoa, cooked
Sesame Seeds, garnish

DIRECTIONS

For the dressing, add all of the ingredients together and pulse together using a blender.

For the bowl, prep all of the vegetables that you want to use in your bowl and set aside.

Cook the quinoa as per the package directions. For the week I usually cook up about 1 ½ cups of uncooked quinoa with 3 cups of water.

To assemble your bowl, start with your base of cooked quinoa, top with your chopped vegetables of choice, drizzle with the dressing and sprinkle some sesame seeds on top and enjoy!

NOTES

I usually clean out my fridge when making this recipe. I like to have a variety of textures for the vegetables, some raw, some cooked but mainly I tend to stick to vegetables that have very little water so that I can eat this throughout the week without it going soggy. Play around with the vegetable combinations and see what you like best.

For the base option I use quinoa or sprouted brown rice. If you prefer something heartier choose the rice option, plus it is less messy if you are feeding it to kidlets.

