



Recipe name:

Buddha bowl

Recipe description:

A delicious rainbow buddha bowl with a quinoa base, topped with grilled PEPPADEW® Roasted Red Peppers, crispy chickpeas and fresh vegetables.

A nourishing and visually stunning dish featuring a quinoa base, decked with grilled PEPPADEW® Roasted Red Peppers, crispy chickpeas, and an array of fresh vegetables. This wholesome vegetarian option not only satisfies tastebuds but also provides a burst of colours and nutrients in every bite.

Created by

@veggiefoodjoe

Prep Time

15 minutes

Cook Time

30 minutes

Serves:

2

Made with:

PEPPADEW® Roasted Red Peppers

Course:

Brunch / Lunch / Dinner

Occasion:

Quick & Easy

Ingredients:

- 100g quinoa (or 250g ready-cooked pouch)
- 1x small can sweetcorn (165g)
- 1x carrot
- 100g cherry tomatoes
- 1 jar PEPPADEW® Roasted Red Peppers
- ¼ red cabbage
- 1x can chickpeas (400g)
- 1tbsp olive oil
- 1tsp paprika
- 1tsp chilli flakes
- 1tsp turmeric
- 1x large avocado

For the dressing:

- 30ml olive oil
- 15ml red wine vinegar
- 1tsp Dijon mustard
- 1tbsp maple syrup

Optional garnishes: Spring onions, sesame seeds, micro herbs.

Method:

1. Prepare a bowl of iced water. Bring a pan of water to the boil. Add the eggs and cook for 10 minutes using uncooked quinoa, cook in a saucepan as per the packet instructions.
2. Place the oil in a saucepan with the spices and fry the chickpeas until crispy (approx. 5 minutes).
3. Place all the dressing ingredients in a mason jar and shake until combined.
4. Slice the carrot, avocado, red cabbage and cherry tomatoes.
5. Place the quinoa at the base of a bowl, then add all ingredients on top in segments.
6. Take the peppers from the jar, slice them lengthwise and place them in the centre of the bowl.
7. Drizzle with the dressing and top with the optional garnishes.