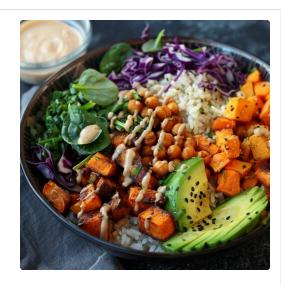
# **Buddha Bowl**

Crazy Vegan

This vegan buddha bowl is filled with spicy and crispy roasted chickpeas, sweet potatoes, and the most incredible dressing!





PREP TIME COOK TIME TOTAL TIME 35 mins 35 mins

COURSE CUISINE SERVINGS CALORIES Main Course American 4 servings 421 kcal

## **INGREDIENTS**

#### For the bowls

- 1 cup Cooked Brown Rice
- 1 cup Red Cabbage chopped
- 1 cup Baby Spinach
- 1 Avocado sliced

## For the roasted sweet potato

- 1 large Sweet Potato cut into chunks
- 1 teaspoon Olive Oil
- 1 teaspoon Salt

## For the chickpeas

- 1 can Chickpeas drained
- 1 1/2 tablespoons Sriracha
- 2 teaspoons Maple Syrup
- 1/2 teaspoon Paprika
- 1/2 teaspoon Garlic Powder
- 1 tsp Salt

## For the dressing

- 1/2 cup Tahini
- 1/4 cup Warm Water
- 1 teaspoon Maple Syrup
- 1/4 teaspoon Cayenne Pepper
- 1/2 teaspoon Turmeric
- 1/2 teaspoon Sriracha
- 1 teaspoon Salt

## INSTRUCTIONS

- 1. Preheat oven to 180C/350F. Coat sweet potato in 1 tsp oil and season with salt and pepper. Place on baking tray and pop into the oven to roast for 35 minutes, turning once halfway through the cooking time.
- 2. Whilst sweet potato is cooking, prepare chickpeas. In a bowl, combine chickpeas, sriracha, maple syrup, paprika, garlic powder, salt and pepper. Mix to combine. Heat a saucepan and transfer chickpea mixture into saucepan to cook for 5-10 minutes. Make sure to keep the chickpeas moving so they don't burn. Cook until chickpeas are slightly sticky and no longer watery. Keep aside.
- 3. In a clean saucepan, wilt spinach slightly and season. Transfer to a bowl and repeat the wilting and seasoning process with the cabbage.
- 4. Once sweet potato is cooked through, prepare your Buddha Bowl by placing your rice in the bottom of a bowl and then topping with the sweet potato, chickpeas, spinach, red cabbage and avocado.
- 5. To make dressing, whisk all ingredients together. Drizzle over the buddha bowl.

#### NUTRITION

Serving: 1serving Calories: 421kcal Carbohydrates: 45g Protein: 9g

Fat: 25q Saturated Fat: 4q Polyunsaturated Fat: 8q Monounsaturated Fat: 12g

Sodium: 1961mg Potassium: 838mg Fiber: 9q Sugar: 8q

Vitamin A: 13184IU Vitamin C: 28mg Calcium: 105mg Iron: 3mg

**KEYWORD** 

buddha bowl, spicy buddha bowl, vegan buddha bowl

