

Buddha Bowl

Crazy Vegan

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

★★★★★ 4.60 from 15 votes



PREP TIME

5 mins

COOK TIME

30 mins

TOTAL TIME

35 mins



COURSE

Main Course

CUISINE

American



SERVINGS

4 servings

CALORIES

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: 25g	Saturated Fat: 4g	Polyunsaturated Fat: 8g	Monounsaturated Fat: 12g
Sodium: 1961mg	Potassium: 838mg	Fiber: 9g	Sugar: 8g
Vitamin A: 13184IU	Vitamin C: 28mg	Calcium: 105mg	Iron: 3mg



KEYWORD

buddha bowl, spicy buddha bowl, vegan buddha bowl



Tried this recipe?

Let us know how it was!