

Green Goddess Rice Bowl

The Vegan Gym · Lunch · Dinner · GF · SF

752 cal · 42g protein · 88g carbs · 26g fat · 1 serving

Ingredients

- 1 cup cooked brown rice
- ½ cup roasted chickpeas
- 1 cup roasted vegetables (zucchini, cherry tomatoes)
- ¼ cup fresh basil chopped
- 2 tbsp sunflower seeds
- Green Goddess sauce:
 - 2 tbsp tahini
 - 1 tbsp lemon juice
 - 1 clove garlic minced
 - 2 tbsp fresh herbs (basil, parsley)
 - 1 tbsp nutritional yeast
 - water to thin

Instructions

1. Cook brown rice according to package directions.
2. Preheat oven to 400°F. Toss chickpeas with a drizzle of oil and roast for 25 minutes until crispy.
3. On a separate baking sheet, roast diced zucchini and cherry tomatoes for 15-20 minutes.
4. Make the Green Goddess sauce: blend tahini, lemon juice, minced garlic, fresh herbs, nutritional yeast, and water until smooth.
5. Assemble the bowl: place rice in the base, top with roasted chickpeas, roasted vegetables, and fresh basil.
6. Drizzle generously with Green Goddess sauce and sprinkle with sunflower seeds.

Generated by Meal Planner · Per serving macros