

WEEK 10 Recipe

Rainbow buddha bowl



Makes: 1 bowl | Cooking time: 30 minutes

INGREDIENTS

Salad ingredients

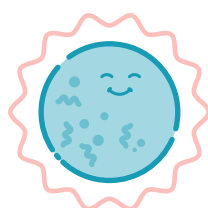
- 1 cup cooked quinoa or brown rice
- 1/2 cup chopped cherry tomatoes
- 1/4 chopped oped pepper
- 1 cup chopped kale marinated in olive oil
- 5 rashies chopped
- 1/2 cup grated carrot
- 1/4 cup sprouts
- 1 cup cooked beetroot chopped
- *optional : 1/2 avocado, grilled veg*

Tahini dressing ingredients

- 1/4 cup tahini
- 1/2 tsp turmeric powder
- juice from 1 lemon
- pinch salt and pepper
- splash water for thinning (about 2 tbsp)

INSTRUCTIONS

1. Chop up the kale, put in a bowl, add the oil and salt and massage with your hand, set aside.
2. Prepare dressing: in a jar add tahini, lemon , turmeric and pinch of salt and pepper. Seal with lid and shake to combine. Add splashes of water as desired for thinning, about 2 tablespoons.
3. Drizzle over the buddha bowl and serve.
4. Add quinoa and all the veg to your bowl.



Enjoy!