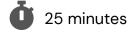




Sunshine Buddha Bowl

with Feta and Super Seeds

White quinoa tossed in a turmeric and lemon dressing served bowl-style with roasted sweet potato and mixed beans, fresh vegetables, crumbled feta cheese and super seed sprinkles!





4 servings



Bulk it up!

Add extra veggies like as capsicum, zucchini or cherry tomatoes to the oven tray to roast. You can also serve the bowl with a boiled, poached or fried egg.

TOTAL FAT CARBOHYDRATES

FROM YOUR BOX

WHITE QUINOA	1 packet (200g)
SWEET POTATOES	600g
TINNED MIXED BEANS	2 x 400g
LEMON	1
AVOCADOS	2
PURPLE CARROTS	2
FETA CHEESE	1 packet
SUPER SEED SPRINKLES	1 jar

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground turmeric, cumin seeds, maple syrup

KEY UTENSILS

saucepan, oven tray

NOTES

Drain the quinoa for a minimum of 5 minutes or press down in sieve to squeeze out excess liquid.

Dice the purple carrots and add them to the roasting tray if desired.



1. COOK THE QUINOA

Set oven to 220°C.

Place quinoa in a saucepan and cover with plenty of water. Bring to a boil and simmer for 10–15 minutes or until tender. Drain and rinse (see notes).



2. ROAST THE TOPPINGS

Dice sweet potatoes. Drain and rinse mixed beans. Add to a lined oven tray (see notes). Toss with oil, 3 tsp cumin seeds, salt and pepper. Roast for 20 minutes until tender.



3. MAKE THE DRESSING

Zest and juice lemon. Add to a bowl along with 1/4 cup olive oil, 2 tsp maple syrup, 2 tsp turmeric, 1 tbsp water, salt and pepper. Whisk to combine.



4. PREPARE FRESH TOPPINGS

Slice avocados. Julienne or grate purple carrots. Crumble feta.



5. TOSS THE QUINOA

Return quinoa to saucepan. Pour in 1/2 prepared dressing. Toss quinoa to coat.



6. FINISH AND SERVE

Divide tossed quinoa among bowls. Add roasted and fresh toppings. Drizzle over remaining dressing. Top with super seed sprinkles.



