

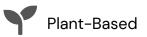


# **Island Curry Buddha Bowl**

A buckwheat based Buddha bowl with fresh vegetables, grilled avocado, cashews and a summer-perfect sauce made with GH Produce's coconut island curry spice mix.







Spice it up!

Some great additions to this dish would be slices of fresh chilli, dried chilli flakes, lime wedges, and fresh herbs such as mint, basil or coriander.

TOTAL FAT CARBOHYDRATES

20g 42g

59g

#### **FROM YOUR BOX**

| BUCKWHEAT        | 1 packet (100g) |
|------------------|-----------------|
| AVOCADO          | 1               |
| ISLAND CURRY MIX | 1 sachet        |
| COCONUT MILK     | 1 tin (165ml)   |
| RED CAPSICUM     | 1               |
| ASIAN GREENS     | 2 bulbs         |
| CASHEWS          | 1 packet (40g)  |
| BEAN SHOOTS      | 1 bag           |
|                  |                 |

<sup>\*</sup>Ingredient also used in another recipe

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, vinegar of choice

#### **KEY UTENSILS**

2 saucepans, griddle pan

#### **NOTES**

You can also cook the avocado on the BBQ or in a frypan. Or keep it fresh.

You can turn this dish into a veggie stir-fry or curry if desired.



### 1. COOK THE BUCKWHEAT

Place buckwheat in a saucepan and cover with water. Bring to the boil and cook for 10–12 minutes until tender. Drain and rinse.



# 2. GRILL THE AVOCADO

Heat a griddle pan (see notes) over high heat. Halve and peel avocado. Coat with **2 tsp oil, salt and pepper.** Cook for 1-2 minutes each side until slightly charred.



### 3. MAKE THE SAUCE

Heat a saucepan over medium-high heat. Add island curry mix, coconut milk and 1 tsp vinegar. Stir to combine. Simmer for 3-4 minutes.



# 4. PREPARE THE TOPPINGS

Thinly slice capsicum and Asian greens. Roughly chop cashews. Set aside with bean shoots.



# 5. FINISH AND SERVE

Divide buckwheat among bowls. Spoon over a little curry sauce then top with toppings, grilled avocado and serve with remaining island curry sauce.



