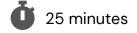




Sunshine Buddha Bowl

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!



30 September 2022



2 servings



Bulk it up!

Add extra veggies like 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

90g

FROM YOUR BOX

| WHITE QUINOA | 1 packet (100g) |
|----------------------|-----------------|
| SWEET POTATO | 300g |
| TINNED MIXED BEANS | 400g |
| LEMON | 1 |
| AVOCADO | 1 |
| PURPLE CARROT | 1 |
| FETA CHEESE | 1 packet |
| SUPER SEED SPRINKLES | 1 sachet |
| | |

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 carrot and add it 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 potato. Drain and rinse mixed beans. Add to a lined oven trav (see notes). Toss with oil, 1 1/2 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 2 tbsp olive oil, 1 tsp maple syrup, 1 tsp turmeric, 2 tsp water, salt and pepper. Whisk to combine.



4. PREPARE FRESH TOPPINGS

Slice avocado. Julienne or grate purple carrot. 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.



