



TOFU BUDDHA BOWL WITH NUT BUTTER DRIZZLE

Vegetarian Lunch - You can vary cooked and raw vegetables to adapt for winter / summer. Switch TOFU for chicken or salmon fillet if preferred !

 25 minutes

 1 portion

INGREDIENTS

- 100 grams of MORI-NU, Tofu, silken, firm
- 1 tbsp of soy sauce made from soy [tamari] [18 g]
- 1 tbsp of syrups, maple [20 g]
- 50 grams of sweet potato, frozen, unprepared
- 50 grams of broccoli, raw
- 60 grams of rice, brown, parboiled, dry, UNCLE BEN'S
- 1/2 fruit, without skin and seed of avocados, raw, California [68 g]
- 50 grams of cucumber, with peel, raw
- 50 grams of radishes, raw
- 2 tbsps of peanut butter, smooth style, without salt [32 g]

COOKING METHOD

- 1° To build your bowl you need to keep in mind some ingredient groups: Grains. Start your bowl choosing a grain that you love. You can use brown / wild / whole-grain rice. You can choose to use other grains or pulses such as quinoa or buckwheat Protein. Use a plant-based protein to keep this recipe vegan. Tofu is a favourite protein and for this recipe we marinate the tofu cut into cubes in soy sauce, nutritional yeast, seasalt, black pepper, paprika before baking it. Veggies. Mix cooked vegetables with raw ones during winter, to give the bowl a warm touch keeping it fresh and light. For this Buddha bowl I roasted sweet potato and broccoli and added fresh cucumber and radish. Healthy fats. Is a Buddha bowl complete without an avocado? Add half an avocado sliced or mashed. [1/2 portion per person]
- 2° Bake your seasoned tofu pieces on a lined baking tray for 30 minutes tossing half way through. Assemble your cooked broccoli, and raw vegetables, slice your avocado and add in your rice Melt the nut butter in a saucepan, add in the warm water, ACV, maple syrup, tamari and lime juice and whisk until well blended, drizzle over your bowl!
- 3° Ingredients 100 g tofu pp 1 tablespoon soy sauce 1/4 sweet potato pp 1/4 broccoli pp 60g rice uncooked per person 2-3 radish 1/4 cucumber 1/2 avocado Peanut Sauce (Use a nut butter of your choice) 2 tbsp nut butter room temperature 1 tsp maple syrup 1/2 tablespoon soy sauce 1 teaspoon lime juice 1 teaspoon apple cider vinegar 3 tbsp warm water

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (498 g)	% DRI
ENERGY	147 kcal	732 kcal	37 %
PROTEIN	5 g	25 g	49 %
CARBOHYDRATE	19 g	95 g	37 %
SUGARS	4 g	20 g	22 %
FAT	6 g	32 g	45 %
FATTY ACIDS, TOTAL SATURATED	1 g	6 g	28 %
FIBER	2 g	12 g	47 %
SODIUM	221 mg	1098 mg	46 %