nutrium

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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

1º 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 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)

2º 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 !

3º Ingredients 100 g tofu pp 1 tablespoon soy sauce 1/4 sweet potato pp ¼ 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 ½ tablespoon soy sauce 1 teaspoons 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 %