



## BUDDHA BOWL SALAD

Check out this low calorie vegan Buddha bowl. This bright and colorful bowl of goodness is a super easy way to get some nutritional balance into your day

 45 minutes

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 4 portions

## INGREDIENTS

- 1/2 small head [4" dia] of cabbage, red, raw [284 g]
- 3 tbsps of vinegar, red wine [45 g]
- 2 tsps of sugars, granulated [8 g]
- 8 medium units of carrots, baby, raw [80 g]
- 3 servings [1 tbsp] of molasses [60 g]
- 1 chopped cup [1/2" pieces] of cauliflower, raw [107 g]
- 2 tsps of spices, turmeric, ground [6 g]
- 1 cup of quinoa, cooked [185 g]
- 1/2 cup, sections of lemons, raw, without peel [106 g]
- 2 tbsps of seeds, sesame butter, tahini, from unroasted kernels [non-chemically removed seed coat] [28 g]
- 1/2 clove of garlic, raw [2 g]
- 50 grams of yogurt, Greek, 2%fat, coconut blend, CHOBANI
- 1 wedge or slice [1/8 of one 2-1/8" dia lemon] of lemons, raw, without peel [7 g]
- 1/2 whole tsp of spices, cumin seed [1 g]

## COOKING METHOD

- 10 STEP 1 Put the cabbage in a bowl, mix the vinegar and sugar, and pour over. Season and toss. Leave for 30 minutes, tossing now and again. STEP 2 Heat the oven to 200C/fan 180C/gas 6. Put the carrots in a bowl with the pomegranate molasses and 1 tbsp olive oil. Season and toss. STEP 3 Put the cauliflower in another bowl with the turmeric and another tbsp of olive oil. Season and toss. STEP 4 Put the carrots and cauliflower on separate ends of a large non-stick baking tray. Roast for 20-25 minutes or until tender. Cool to room temperature. STEP 5 Heat the quinoa following pack instructions then tip into a bowl and season with salt and pepper, and a squeeze of lemon juice. STEP 6 Mix the dressing ingredients with a good splash of boiling water to loosen it. Season. STEP 7 Divide the quinoa between 4 bowls then top with the roasted veg, pickled cabbage, and the dressing.

## NUTRITIONAL INFORMATION

|                              | PER 100 g | PER PORTION [242 g] | % DRI |
|------------------------------|-----------|---------------------|-------|
| ENERGY                       | 88 kcal   | 213 kcal            | 11 %  |
| FAT                          | 2 g       | 5 g                 | 8 %   |
| FATTY ACIDS, TOTAL SATURATED | 0 g       | 1 g                 | 4 %   |
| CHOLESTEROL                  | 0 mg      | 0 mg                | 0 %   |
| SODIUM                       | 24 mg     | 58 mg               | 2 %   |
| CARBOHYDRATE                 | 16 g      | 38 g                | 13 %  |
| SUGARS                       | 8 g       | 19 g                | —     |
| FIBER                        | 2 g       | 6 g                 | 23 %  |
| PROTEIN                      | 3 g       | 6 g                 | —     |