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How to Cook a Vegetarian Buddha Bowl?

Cooking Egyptian Koshary at home is a rewarding experience that allows you to enjoy a taste of Egypt's rich culinary heritage. Here's a step-by-step guide to help you make this delicious and hearty dish.

Ingredients: (serves 2)

For the Base:

- 1 cup cooked quinoa (or other grains like brown rice, farro, or couscous)

For the Vegetables:

- 1 sweet potato, peeled and cubed
- 1 cup broccoli florets
- 1 carrot, sliced
- 1 tablespoon olive oil
- Salt and pepper to taste

For the Protein:

- 1 cup chickpeas (cooked or canned, rinsed and drained)

- 1 teaspoon cumin
- 1/2 teaspoon paprika
- 1 tablespoon olive oil

For Healthy Fats:

- 1 avocado, sliced
- 2 tablespoons tahini or peanut butter

For Additional Toppings:

- Fresh spinach or arugula
- A handful of mixed seeds (pumpkin, sunflower, etc.)
- Lemon wedges for garnish

For the Dressing:

- 2 tablespoons tahini
- 1 tablespoon lemon juice
- 1 tablespoon olive oil
- 1 teaspoon maple syrup or honey
- 1 clove garlic, minced
- Water (to thin, as needed)
- Salt and pepper to taste

Instructions:

1. Cook the Grains

- Start by cooking your chosen grains (quinoa, rice, etc.). Follow the instructions on the packaging, but for quinoa, rinse 1 cup of quinoa under cold water, then combine it with 2 cups of water in a saucepan. Bring to a boil, reduce heat, cover, and simmer for 15 minutes. Once cooked, fluff with a fork and set aside.

2. Roast the Vegetables

- Preheat your oven to 400°F (200°C).
- Toss the cubed sweet potatoes, broccoli, and carrots with 1 tablespoon of olive oil, salt, and pepper. Spread them out on a baking sheet.
- Roast for 20-25 minutes, flipping halfway, until the vegetables are tender and slightly browned.

3. Prepare the Chickpeas

- In a skillet, heat 1 tablespoon of olive oil over medium heat. Add the chickpeas, cumin, and paprika. Sauté for 5-7 minutes until the chickpeas are crispy and seasoned. Set aside.

4. Make the Dressing

- While the vegetables are roasting, prepare the dressing. In a small bowl, whisk together the tahini, lemon juice, olive oil, maple syrup (or honey), and minced garlic. Add a little water, one tablespoon at a time, until the dressing reaches your desired consistency. Season with salt and pepper to taste.

5. Assemble the Buddha Bowl

- In two serving bowls, start by placing a handful of fresh greens (like spinach or arugula) at the bottom.
- Add a scoop of quinoa or your chosen grain as the base.
- Arrange the roasted vegetables, chickpeas, and avocado slices on top of the grains.
- Drizzle the tahini dressing over the entire bowl.
- Sprinkle with mixed seeds for added crunch and garnish with lemon wedges on the side.

6. Serve and Enjoy

- Your Vegetarian Buddha Bowl is ready to enjoy! The vibrant colors and diverse textures make this a visually appealing and nutrient-dense meal.

Tips for Customization

- **Swap the grains:** Instead of quinoa, you can use brown rice, couscous, or even whole wheat pasta.
- **Change up the veggies:** Depending on what's in season, you can roast zucchini, cauliflower, or bell peppers.
- **Add variety in protein:** Swap chickpeas with tofu, tempeh, or lentils for a different protein source.
- **Dress it up differently:** Try a different dressing like a miso-based or peanut sauce to switch up the flavors.

This **Vegetarian Buddha Bowl** is a perfect example of a meal that is customizable, easy to prepare, and full of nutrients, providing a balanced mix of carbohydrates, protein, and healthy fats.