

# Fiery vegan buddha bowl



50g quinoa (uncooked weight),  
rinsed well

130g (drained weight) tinned  
chickpeas, drained

1½ tbsps olive oil

a large pinch of sea salt

270g broccoli florets

270g cauliflower florets

a pinch of ground black pepper

## for the dressing:

40g tahini, stirred well

juice of 1 lemon

2 tsps nutritional yeast

a pinch of cayenne pepper

½ tsp apple cider vinegar

a pinch of sea salt

## for the topping:

10g pumpkin seeds

Bring a small saucepan of water to the boil. Cook the quinoa according to packet instructions. Drain well.

Preheat oven to 200°C / 400°F. Line 2 large baking trays with baking paper.

Place the chickpeas onto one of the baking trays. Drizzle with ½ tablespoon of olive oil. Tilt the tray to roll the chickpeas in the oil. Add half of the sea salt and bake for 20 minutes or until golden. Gently shake the tray halfway through cooking time.

Meanwhile, place the broccoli and cauliflower florets onto the other baking tray. Drizzle with the remaining oil and season with salt and pepper. Bake for 20-25 minutes or until tender.

Mix the dressing ingredients in a jug. Add 1-2 tbsps cold water to give the dressing a thick but pourable consistency.

Transfer the cooked quinoa to a serving bowl. Top with the broccoli, cauliflower, and chickpeas. Drizzle the dressing over the top and add the pumpkin seeds. Serve.

*Store any leftovers in an airtight container and refrigerate for up to 2 days.*

SERVES 2



PER SERVING:  
468 Calories  
31g Carbs  
23g Protein  
28g Fat

