



UCOOK

Roasted Veggie Buddha Bowl

with golden toasted chickpeas, flavourful quinoa & dried cranberries

They say it's impossible to catch a rainbow, but today you'll be making one in a bowl. On a bed of white quinoa lies sweet-roasted wedges of orange carrots, strips of green bell pepper, pops of lightly browned cauliflower, fresh greens, & gems of dried cranberries. Drizzled with a delicious buddha dressing & sided with a zesty yellow lemon wedge.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Thea Richter

 Veggie

 Waterford Estate | Waterford Pecan Stream
Sauvignon Blanc 2021

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Ingredients & Prep

120g	Carrot <i>rinsed, trimmed & cut into wedges</i>
200g	Cauliflower Florets <i>cut into bite-sized pieces</i>
1	Green Bell Pepper <i>½ rinsed, deseeded & cut into thick strips</i>
5ml	Smoked Paprika
1	Garlic Clove <i>peeled & grated</i>
7,5ml	Ground Cumin
75ml	White Quinoa <i>rinsed</i>
60g	Chickpeas <i>drained & rinsed</i>
20g	Green Leaves <i>rinsed</i>
55ml	Buddha Dressing <i>(30ml Tahini, 15ml Sherry Vinegar & 10ml Golden Syrup)</i>
20g	Fruit & Seed Mix <i>(10g Dried Cranberries & 10g Pumpkin Seeds)</i>
1	Lemon <i>cut into wedges</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. VEGGIE MEDLEY Preheat the oven to 200°C. Spread out the carrot wedges, the cauliflower pieces, and the pepper strips on a roasting tray. Coat in oil, the paprika, and seasoning. Roast in the hot oven for 25-30 minutes until cooked through and crisping up, shifting halfway.

2. NEVER QUESTION THE QUINOA Place a pot over medium-high heat with a drizzle of oil. When hot, add the grated garlic and the cumin and fry for 1-2 minutes until fragrant, shifting constantly. Add the rinsed quinoa and submerge in 200ml of salted water. Pop on a lid and bring to a simmer. Cook for 12-15 minutes until the quinoa is tender and its tails have popped out, adding more water if required. Drain if necessary and return to the pot. Replace the lid, season, and stand off the heat for at least 5 minutes.

3. CRISPY, CARAMEL CHICKPEAS Place a pan over medium heat with a drizzle of oil. When hot, fry the drained chickpeas for 8-10 minutes until crispy and caramel in colour. For the best results, only shift occasionally. If they start to pop out, use a lid to rein them in! Season to taste.

4. BOWL IT UP Bowl up the flavourful quinoa. Top with the roasted veg, the toasted chickpeas, and the rinsed green leaves. Drizzle over the buddha dressing and sprinkle over the fruit & seed mix. Serve with a lemon wedge. Great work, Chef!

Nutritional Information

Per 100g

Energy	497kJ
Energy	119kcal
Protein	4.4g
Carbs	17g
of which sugars	3.5g
Fibre	5.4g
Fat	3.1g
of which saturated	0.4g
Sodium	518mg

Allergens

Allium, Sesame, Sulphites

Cook
within 2
Days