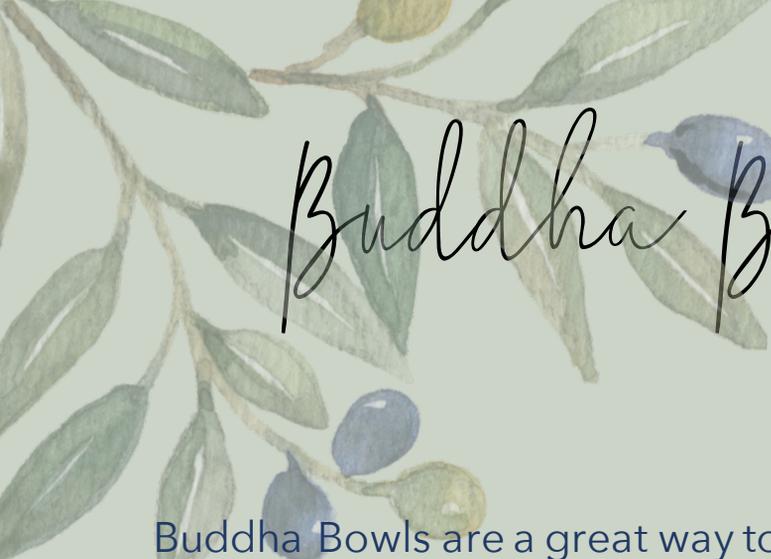




Miso aubergine,
roasted carrot &
garlic hummus
Buddha Bowl



Buddha Bowls

Buddha Bowls are a great way to pack a colourful, delicious and nutritious lunch or supper. There really are no limits to what you can do with a Buddha Bowl.

There are some fantastic YouTube channels with thousands of healthy, nutritious recipes.

Check out

Rachel Ama

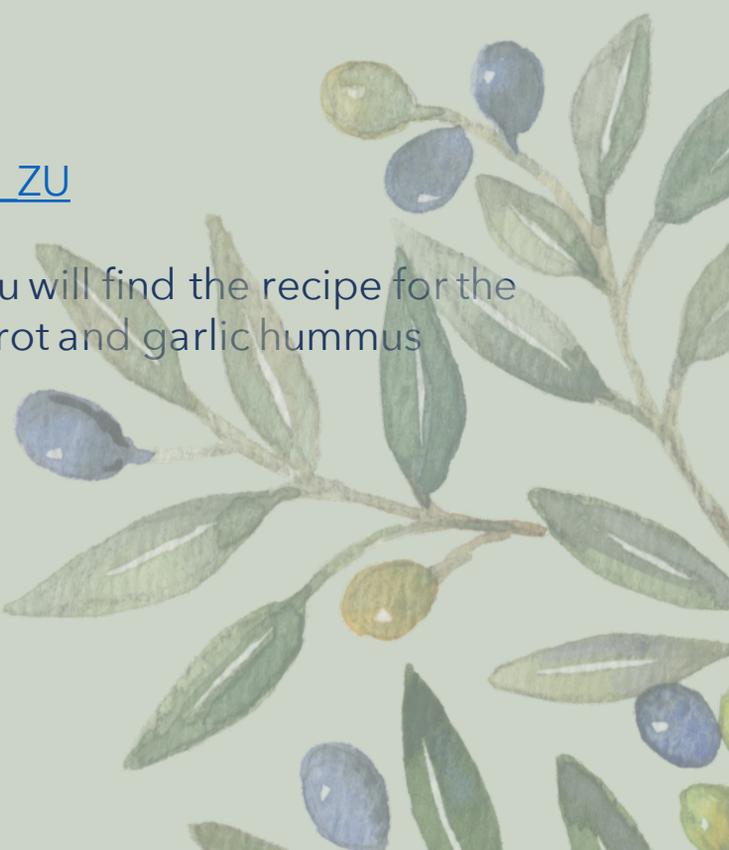
<https://youtu.be/0rILcTHxLE>

and

Tish Wonders

https://youtu.be/BDwLAn_N_ZU

Watch Tish's video where you will find the recipe for the Miso aubergine, roasted carrot and garlic hummus (delicious!).



Ingredients and measures

Method

MISO AUBERGINE

- 1 aubergine
- 1.5 tsp. white miso paste
- 3 tsp. extra virgin olive oil
- 1 tsp. sesame oil
- 1 garlic clove
- 1 tbsp. tamari
- 1/2 tsp. honey
- 1 chilli (use seeds accordingly)

1

For the miso aubergine slice the aubergine into 1.5 cm thick circles. Combine the white miso, olive oil, sesame oil, minced garlic, tamari, honey & chopped chilli. Heat a griddle pan and cook aubergine pieces for 2-3 minutes on each side until cooked.

ROASTED CARROT HUMMUS

- 350g carrots
- 1 garlic bulb
- 1 tbsp. cumin seeds
- 300g cooked chickpeas
- 1/2 cup light tahini
- pinch cayenne
- 1 tsp. turmeric
- 1/2 tsp. paprika
- 1/2 tsp. cinnamon
- 4 tbsp. lemon juice
- sea salt & black pepper
- 2-3 tbsp. olive oil
- touch of water (optional)

2

To prepare the roasted carrot hummus begin by preheating oven to 190°C. Chop the carrots into batons. Place on a baking tray along with the whole garlic bulb. Scatter over the cumin seeds and a swirl of olive oil. Put tray into the oven for 15-18 minutes until carrots and garlic have softened. Place the roasted carrots and unpeeled garlic cloves into a food processor along with the remaining ingredients. Blitz hummus adding a touch of water if needed

PAK CHOI SALAD

- 100g pak choi
- 1/2 red pepper
- 1 tsp. lime
- sea salt
- extra virgin olive oil

3

Simply chop the pak choi finely placing it in a mixing bowl along with the red pepper, lime juice, sea salt and olive oil

QUINOA

- 150g quinoa (soaked for 4-8 hours)
- 140ml water
- Sea salt

4

Rinse, wash and drain the quinoa. Place it in a saucepan with water and a pinch of sea salt. Bring to a simmer, reduce heat and cover pan for 12-15 minutes until quinoa is fully cooked and translucent