

Treasure Barrel

Rainbow Buddha Bowl Recipe

20 min Prep time	**30 min** Cook time	**50 min** Total time
4 Servings	**Easy** Difficulty	**Mediterranean** Cuisine

Ingredients

For the Bowl Base

- [ ] 2 medium sweet potatoes, peeled and cut into 1-inch cubes
- [ ] 1 cup quinoa, rinsed well
- [ ] 2 cups vegetable broth or water
- [ ] 1 tablespoon olive oil
- [ ] ½ teaspoon sea salt
- [ ] ¼ teaspoon black pepper

Fresh Vegetables & Toppings

- [ ] 2 cups red cabbage, thinly shredded
- [ ] 1 cup cherry tomatoes, halved
- [ ] 1 large avocado, sliced
- [ ] 1 cup cucumber, diced
- [ ] ½ red onion, thinly sliced
- [ ] ¼ cup fresh cilantro leaves
- [ ] 2 tablespoons lemon juice (for pickling cabbage)

Tahini Dressing

- [ ] ¼ cup tahini
- [ ] 3 tablespoons lemon juice
- [ ] 2 tablespoons water
- [ ] 1 tablespoon maple syrup
- [ ] 1 small garlic clove, minced
- [ ] ¼ teaspoon sea salt
- [ ] Pinch of black pepper

Instructions

1. Preheat your oven to 400°F (200°C). Toss the sweet potato cubes with olive oil, salt, and pepper. Spread them in a single layer on a baking sheet and roast for 25-30 minutes, until tender and slightly caramelized.

2. While the sweet potatoes roast, cook the quinoa. Bring the vegetable broth to a boil in a medium saucepan. Add the rinsed quinoa, reduce heat to low, cover, and simmer for 15 minutes. Remove from heat and let stand covered for 5 minutes, then fluff with a fork.

3. Prepare the fresh vegetables. Toss the shredded red cabbage with 2 tablespoons of lemon juice and let it sit to lightly pickle while you prepare everything else. This softens it just enough and adds bright flavor.

4. Make the tahini dressing by whisking together all dressing ingredients until smooth. If it's too thick, add a bit more water until it reaches a pourable consistency. Taste and adjust seasoning as needed.

5. Assemble your bowls. Start with a base of fluffy quinoa, then arrange the roasted sweet potatoes and fresh vegetables in sections around the bowl. Drizzle generously with tahini dressing and garnish with fresh cilantro.

6. Serve immediately while the sweet potatoes and quinoa are still warm. The contrast between the warm grains and cool fresh vegetables is part of what makes this bowl so special.

Nutrition per serving

385 kcal	11 g	55 g	15 g
Calories	Protein	Carbs	Fat

Tips & notes

- Leftover components keep well for 3-4 days when stored separately in airtight containers
- For extra protein, add a can of rinsed chickpeas (roast them with the sweet potatoes for added flavor)
- The dressing will thicken when refrigerated - just whisk in a little water to thin it out when ready to use