

Buddha Bowl

Ingredients

The grains:

1 cup Quinoa, cooked
1/2 cup Coriander leaves
1/4 cup Mint leaves
1 cup boiled Peas

Vegetables:

2 large carrots cut into strips or
1 large sweet potato cut into strips
1 tsp cumin seeds
1 tsp red chili powder

Protein

1 15oz can Chickpeas
1 tsp each coarsely ground coriander seeds, fennel seeds and black pepper

2 Tomatoes sliced
1 Cucumber sliced

Sauce

1/2 cup yogurt
1/4 cup coriander leaves
1 green chilli
4 cloves of garlic

4 tsps oil and Salt to taste

Prep for cooking class

Cook quinoa
Cut vegetables (as mentioned above)

Instructions

For the Buddha Bowl

Cook Quinoa

Heat oil

Add Cilantro, Mint and Peas and saute

Add Quinoa and mix. Keep aside

In another pan, heat oil

Add cumin seeds and red chili powder

Add Carrots, sauté and cover and cook on low flame. Keep aside.

In a separate pan, heat oil, add crushed coriander seeds, fennel seeds and black pepper.

Add chickpeas and sauté. Cook on low flame for a few minutes

Blend all ingredients for sauce

Assemble the Buddha bowl with quinoa, cooked carrots, Chickpeas, slices of tomato and Cucumber and sauce

Everything can be substituted according to your taste... Eg. You can use mustard seeds, green chillies and kadipatta...to temper the veggies, cloves, cinnamon, cardamom to temper, rice instead of the Quinoa, use salsa or mango pickle instead of the sauce.

