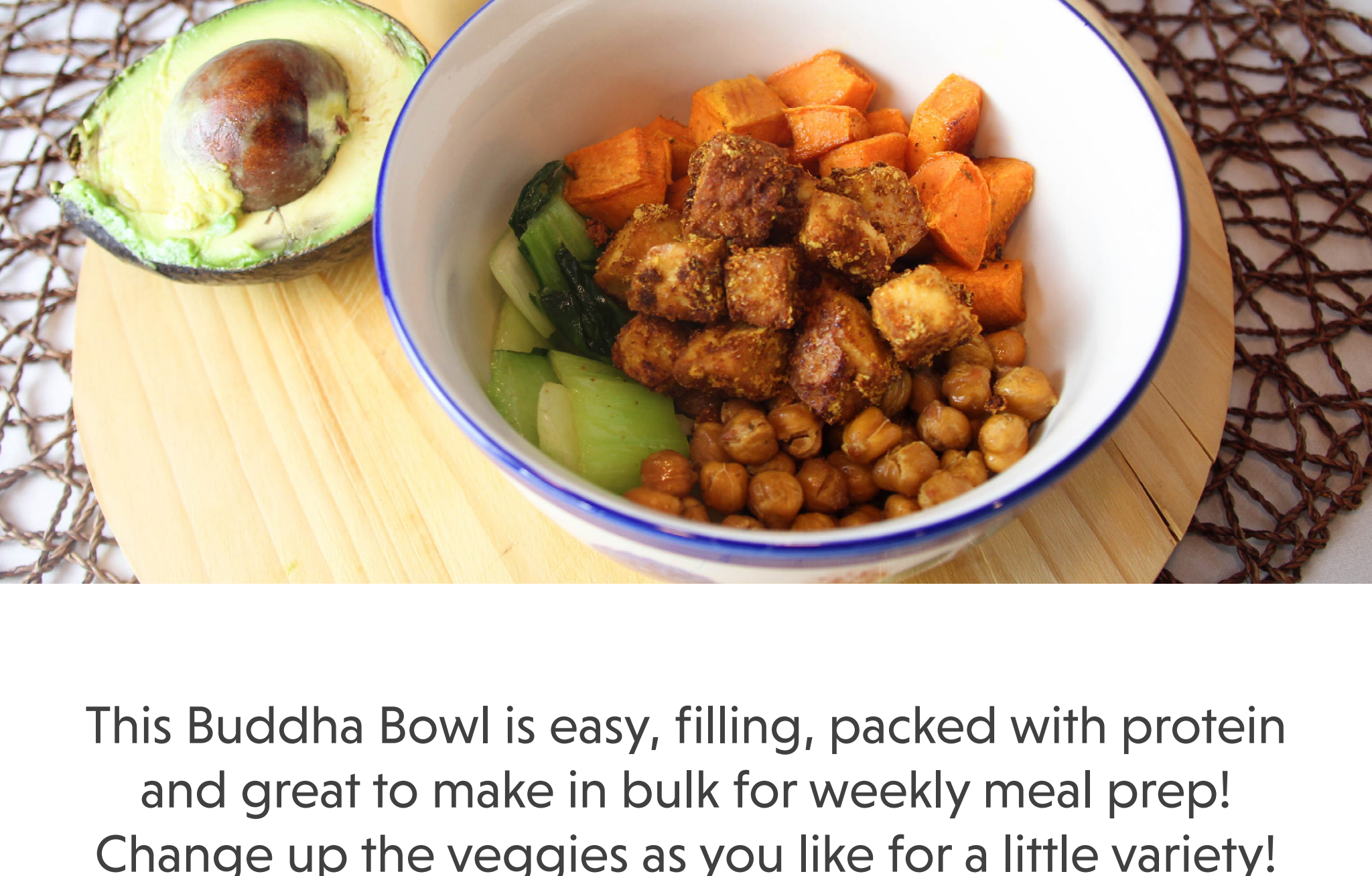


BUDDHA BOWL RECIPE

By NeoraFit™ Ambassador Adriana Lee



This Buddha Bowl is easy, filling, packed with protein and great to make in bulk for weekly meal prep! Change up the veggies as you like for a little variety!

INGREDIENTS

BASE

- 1 cup quinoa
- 1 ½ cups water, veggie broth or miso broth
- Pinch of salt or splash of tamari

VEGGIES

- 1 sweet potato (cubed)
- 1 cup chopped bok choy (or sub another green, like chard or kale)
- 1 can chickpeas
- 3 tablespoons olive oil (divided)
- 1 teaspoon cumin
- Salt & pepper to taste

CRISPY TOFU

- 1 14 oz package extra-firm tofu (pressed and cubed)
- 2 tablespoons nutritional yeast
- 1 tablespoon tamari (or sub soy sauce if not gluten free)
- 1 teaspoon smoked paprika
- 1 ½ teaspoons garlic powder

TOP WITH

- ½ avocado
- Spicy Sriracha Peanut Butter sauce

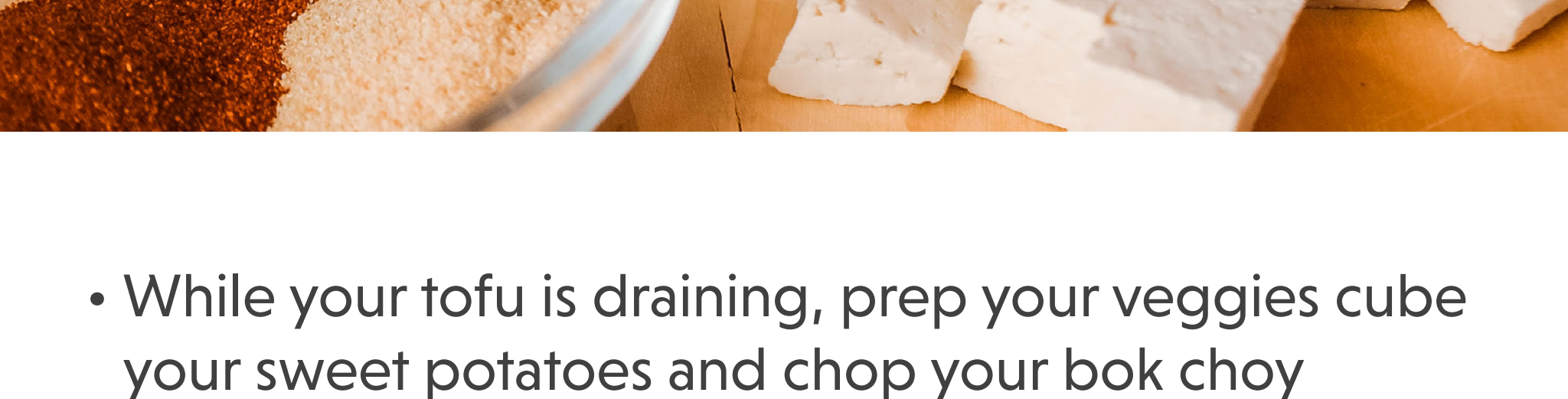
SPICY SRIRACHA PEANUT BUTTER SAUCE

- ½ cup peanut butter
- 1 tablespoon sriracha (or more to taste)
- 2 cloves of garlic
- Juice of one lime
- 2 tablespoons tamari or soy sauce
- 1 tablespoon fresh ginger
- ¼ cup warm water

INSTRUCTIONS

For the tofu:

- Preheat oven to 425 F
- Drain your block of tofu then press with lots of paper towels or a clean towel under something heavy like a cast iron skillet for 20 minutes
- Cut into bite-sized cubes
- Add tamari into a bowl and mix in tofu
- Stir in nutritional yeast, smoked paprika and garlic powder to coat the tofu
- Transfer to a baking sheet lightly greased with olive oil or avocado oil
- Bake in the oven at 425 F for 20 minutes. Carefully flip the cubes and then bake for an additional 20-30 minutes depending on how crispy you'd like it (you can also fry these in an air fryer)



- While your tofu is draining, prep your veggies cube your sweet potatoes and chop your bok choy
- Drain and rinse chickpeas

For the chickpeas and sweet potatoes:

- Add chickpeas and sweet potatoes to a baking sheet on opposite sides
- Add 2 tablespoons olive oil (one tablespoon for the sweet potatoes and one for the chickpeas)
- Season each with cumin, salt, and pepper
- Bake for 25-35 minutes at 425 F, tossing halfway through



For the quinoa:

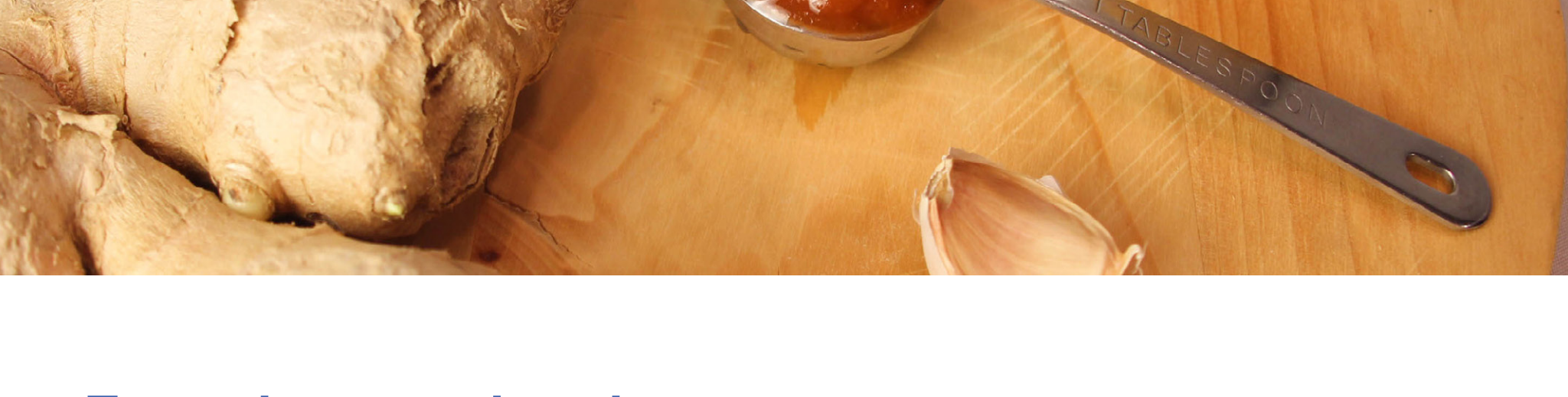
- Rinse quinoa under cold water until the water runs clear
- Spray the inside of your instant pot with avocado oil or olive oil
- Add 1 cup of quinoa, 1 ½ cups of liquid (I love using miso broth but veggie broth or water is perfect), and a pinch of salt or tamari to instant pot
- Lock the lid and set the steam valve to "sealed"
- Cook for 1 minute on high pressure
- Allow the pressure to release on its own for ten minutes, then release manually
- Fluff with a fork

For the bok choy:

- Heat a skillet with 1 tablespoon olive oil
- Add chopped bok choy to the hot oil and stir until the leaves are wilted
- OPTIONAL: toss in a teaspoon of tamari or a little salt & pepper to season

For the sauce:

- Add all ingredients into a food processor or blender
- Blend until smooth
- If you like your sauce a little spicier, add more sriracha or ½ - 1 teaspoon of red pepper flakes
- Leftover sauce can be stored in a mason jar in the refrigerator
- salt & pepper to season



To make your bowls:

- Add a ¼ cup of quinoa to the base of your bowl
- Add bok choy, roasted sweet potatoes, chickpeas and tofu
- Top with avocado slices and drizzle on spicy peanut sauce
- Serve & enjoy!



These bowls reheat well and can be eaten cold. If you plan to meal prep this recipe, you may want to make more veggies. I've doubled the veggies and that made enough for lunches for the week.