

BUDDHA BOWL



Karthein's

ORGANIC • BIOLOGIQUE

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1 serving

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1 ROAST THE CHICKPEAS

1 can chickpeas, rinsed & drained
1/2 tbsp olive oil
1/4 tsp liquid smoke (optional)
1/4 tsp turmeric
1/2 tsp paprika
pinch fine sea salt

1. Preheat the oven to 400 °F
2. Mix all ingredients
3. Spread the chickpeas evenly on a silicon baking mat
4. Bake for 40-50 min, toss every 10 min until they turn golden and crispy

2 PREPARE THE DRAGON SAUCE

1/4 cup sunflower oil
2 tbsp coconut aminos or tamari
1 tbsp maple syrup
3 tbsp water
2 tsp garlic powder
1/4 cup nutritional yeast

1. Combine all ingredients in a blender and blend until smooth
2. Store in the fridge

3 ASSEMBLE

Roasted chickpeas
1/2 cup cooked quinoa*
1/2 cup arugula or leafy greens
1/4 cup micro greens
1/4 cup spiralized carrots
1/4 cup KARTHEIN'S KIMCHI
2 tbsp dragon sauce
2 slices of lime (optional)
Watermelon radishes, sliced

*Cook according to manufacturer's instructions

1. Place all ingredients in a bowl
2. Serve with dragon sauce