

MccVeek Buddha Bowl

Ingredients

Bowl

250 ml spinach, fresh
100 ml roasted yams, diced
50 ml chicken, cooked and chopped
50 ml quinoa, cooked
50 ml beet, grated
50 ml carrot, grated
1 green onion, finely chopped
1 tbsp olive oil
salt
pepper
garlic powder

Dressing

1 garlic glove, minced
4 tbsp sweet chili sauce
2 tbsp rice wine vinegar
1 tbsp soy sauce
1 tsp sesame oil

Topping

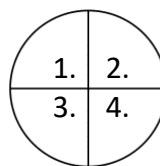
2-3 tbsp of chopped nuts or seeds of choice (walnuts, pumpkin seeds, sunflower seeds)



Method

Bowl

1. Preheat oven to 425 F/ 220 C
2. Boil quinoa
 - a. In a small pot combine 50 ml of quinoa with 100ml of water
 - b. Boil
 - c. Once boiling, put on lid, turn down to low, simmer for 15 minutes
 - d. After 15 minutes, remove from heat, remove lid, fluff with fork, let rest to cool
3. While quinoa is cooking, prepare yams
 - a. Peel, wash, and dice yams
 - b. Toss in a bowl with 1 tbsp of olive oil and a pinch of salt, pepper, and garlic powder
 - c. Transfer seasons yams to a cookie sheet pined with parchment paper
 - d. Bake in oven (middle rack) for 15-20 minutes; until tender throughout
 - e. After cooked, remove from oven to cool
4. While yams are baking, prepare other vegetables
 - a. Wash and dry spinach
 - b. Peel, wash, and grate beets and carrot; keep separate
 - c. Wash and finely chop green onion
5. Chop cooked chicken
6. Plate ingredients
 - a. Cover bottom of bowl with spinach
 - b. Place chopped chicken in the first quadrant of the bowl
 - c. Place cooked quinoa in the second quadrant
 - d. Place cooked yams in the third quadrant
 - e. Place vegetables in the fourth quadrant



Dressing

1. Mince garlic
2. Combine all ingredients in a bowl and whisk together.
3. Drizzle over entire plated bowl, to taste

Topping

1. Sprinkle choice of topping over entire plated and dressed bowl

ENJOY 😊