

# RECIPE

## Spicy Chickpea Buddha Bowl

4 servings

### Ingredients

#### For the Turmeric Tahini Dressing:

- 1/4 cup tahini paste
- 1/4 cup water
- 1 tablespoon honey
- 1 teaspoon turmeric
- 1 teaspoon sriracha
- 1 tablespoon fresh lemon juice
- 1 tablespoon apple cider vinegar

#### For the Beans:

- 2 cups canned chickpeas/garbanzo beans, drained, rinsed
- 1 teaspoon sriracha
- 1 tablespoon honey
- 1 teaspoon smoked paprika

#### For the Sweet Potato:

- 2 cups diced sweet potatoes, 3/4"
- 1 teaspoon extra virgin olive oil
- 1 tablespoon curry powder

#### For the Spinach and Cabbage:

- 2 teaspoons extra virgin olive oil
- 4 cusp baby spinach
- 1/4 teaspoon kosher salt
- 4 cups julienne sliced red cabbage
- 1/4 teaspoon kosher salt

#### To Assemble Chickpea Bowl:

- 2 cups cooked quinoa
- 1 avocado, sliced
- 1/2 cup tahini dressing
- 1 lime, cut into 8 wedges



### Directions

1. Preheat oven to 400°F.
2. **For the Turmeric Tahini Dressing:** Add all the ingredients to a blender, blend on low for two minutes until everything is smooth. Refrigerate until ready to use. There will be extra dressing.
3. **For the Beans:** In a small saucepan, combine the garbanzo beans, sriracha, honey, and smoked paprika. Mix to combine and cook for 5-10 minutes, stirring constantly until garbanzo beans are caramelized with the honey. Keep warm.
4. **For the Sweet Potato:** In a medium bowl, coat sweet potato in oil and curry powder. Place on baking tray and roast in preheated oven for 35 minutes. Stir sweet potatoes every 10 minutes.
5. **For the Spinach and Cabbage:** In a large frying pan over medium heat, add 1 teaspoon of oil. Add the spinach and wilt, season with 1/4 teaspoon of salt. Transfer to a plate. In a same large frying pan over medium heat, add 1 teaspoon of oil. Add the cabbage, wilt, and season with 1/4 teaspoon salt. Transfer to a plate.
6. **Prepare your Chickpea Bowl:** Place 1/2 cup cooked quinoa in the bottom of a bowl and then top the quinoa with 1/2 cup of the roasted sweet potato, 1/2 cup spicy garbanzo beans, 1/2 cup cooked spinach, 1/2 cup cooked red cabbage and 1/4 of an avocado sliced. Garnish with 2 tablespoons of the Tahini Dressing and 2 lime wedges.