

Black Rice Tempeh Buddha Bowl

Serves 4 people

A buddha bowl is a fun way to say a 'nourishing bowl of goodness'. This version of a gorgeous colourful Buddha Bowl has delicious black rice tempeh as its main protein component with lots of colourful veggies and the addition of some cooked quinoa for some extra substance. Finished with a drizzle of your favourite vinaigrette and some toasted seeds, this bowl of goodness is a feast for the senses!

Difficulty Level: Easy

Prep Time: 5-10 minutes (1-3 hours if marinating the tempeh first)

Cook Time: 10-15 minutes

Total Time: 15-25 minutes

INGREDIENTS

- 250g TONZU Black Rice Tempeh with Organic Flaxseeds
- Olive oil
- Tamari sauce
- 1½ cups cooked quinoa
- Cos lettuce
- ½ telegraph cucumber, quartered, de-seeded and sliced
- 1 cup cherry tomatoes, halved
- 10-12 radishes, sliced
- 1 corn on the cob, corn removed, or equivalent of baby corn (when in season)
- 400g canned chickpeas, well rinsed and drained
- your favourite vinaigrette or lemon juice to dress
- ½ cup toasted pumpkin & sunflower seeds
- any other veggies that you wish to have in your bowl

HOW TO MAKE

1. Ideally, marinate the tempeh in some tamari for 1 – 3 hours, or just sprinkle with tamari while frying.
2. Warm some olive oil in a non-stick frypan and fry the sliced, marinated tempeh on both sides until golden. Sprinkle with tamari while frying for an extra boost of flavour.
3. Prepare the buddha bowls. Use the packaging as a guide or create your own masterpiece – there are no rules with a buddha bowl! Usually, each ingredient is assembled in its own little place in the bowl. Once the tempeh is cooked, add a pile of tempeh slices and a pile of cooked quinoa if using. Then assemble the chickpeas and other veggies attractively around the bowl.
4. Drizzle the veggies with your favourite dressing or a squeeze of lemon and then sprinkle everything with some toasted seeds. A super colourful, delicious and highly nutritious meal!

