

TONZU

PLANT-BASED WHOLEFOODS

Buddha Bowl with Spicy Turmeric Tofu

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 spicy tofu 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

Cook Time: 30 minutes

Total Time: 35-40 minutes

INGREDIENTS

- 600g TONZU Organic Firm Tofu
- Olive oil
- ½-1 tsp Kashmiri chilli powder (or any other chilli powder)
- 1 tsp turmeric powder
- 5 tbsp or a few generous jiggles of Tamari sauce
- 1 cup red and/or white quinoa (uncooked)
- 2 cups water
- 2 cups baby spinach
- 2 cups red cabbage, finely sliced
- 1 cup cherry tomatoes, halved
- 2 ripe avocados, halved, seeded and sliced
- Your favourite vinaigrette or lemon juice
- ½ cup mixed seeds, toasted (pumpkin and sunflower)
- Any other veggies you wish to have in your bowl

HOW TO MAKE

1. Heat the oven to 175oC
2. Line a baking tray and place a few generous jiggles of olive oil with the chilli powder, turmeric powder and tamari – mix these all together well so it creates a coating for the tofu.
3. Chop the firm tofu into nice chunky squares and place on the tray coating well with the marinade until all sides are covered.
4. Bake in the oven for 30 minutes or slightly more until golden and crispy in parts, turning once during cooking. Once the tofu is done, squeeze lime juice all over it and sprinkle with sea salt – heavenly!
5. While the tofu is in the oven, rinse the quinoa in a sieve and then place in a pot with 2 full cups of water. Bring to the boil and simmer for around 20 minutes or until ALL the water has gone. At that point, turn off the heat and place a lid on top to let it steam while the tofu finishes cooking.
6. While the tofu and quinoa cook, 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 tofu is cooked, add a pile of tofu and a pile of quinoa to the bowl, drizzle the veggies with your favourite dressing or a squeeze of lemon and then sprinkle all with some toasted seeds.

