

RECIPE | TOMATOES

VEGAN MASALA BUDDHA BOWL



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Recipe created by Ameer Vora



30 min

10 min
PREP.

20 min
COOKING



2



easy

INGREDIENTS

For the bowls:

- 12 oz** Pure Flavor® RedRoyals® Sweet Cherry Tomatoes On-The-Vine
- 1** Pure Flavor® Orange Sweet Bell Pepper, chopped
- 1** Pure Flavor® Long English Cucumber, chopped
- 2 cups** broccoli florets
- 1½ cups** chickpeas
- 1 cup** lettuce, chopped
- 1 cup** brown rice, cooked
- ½ cup** red cabbage, shredded
- ¼ cup** peanuts, roasted
- 2 tbsp** tomato paste
- 2 tsp** oil, divided

- 2 tsp** turmeric powder, divided
- 1 tsp** grated ginger
- 1 tsp** cumin seeds
- 1 tsp** garam masala
- 1 tsp** cumin
- 1 tsp** coriander
- 1 tsp** red chili powder
- 1 tsp** lemon juice
- Salt & pepper, to taste
- Cilantro, for garnish

For the dressing:

- 4 tbsp** vegan yogurt
- 1 tbsp** tahini
- 1 tbsp** water
- 2 tsp** lemon juice
- 1 tsp** ginger
- 1 tsp** turmeric
- 1 tsp** maple syrup
- 1 tsp** chaat masala

DIRECTIONS

- 1** Preheat oven to 350°F. Lay tomatoes, broccoli, and peppers on a baking sheet. Sprinkle with salt & pepper and roast for 10 minutes.
- 2** Heat a pan on medium-high heat. Add 1 teaspoon of oil and cumin seeds. Then add in rice, salt, and 1 teaspoon of turmeric powder. Cook for 2 minutes, remove from pan and set aside.
- 3** Heat the remaining oil in the same pan with cumin, ginger, and tomato paste. Cook for 3 minutes, then add in garam masala, remaining turmeric, coriander, red chili powder, and lemon juice. Stir in chickpeas and mix until well coated.
- 4** In a small bowl, combine all dressing ingredients and mix.
- 5** To assemble bowls start with lettuce and top with brown rice. Add chickpeas, roasted vegetables, cucumber, and cabbage.
- 6** Garnish with peanuts and cilantro. Drizzle with dressing and enjoy.