



RECIPE | TOMATOES

VEGAN MASALA BUDDHA BOWL



30 min

10 min
PREP.

20 min
COOKING



2



easy



INGREDIENTS

Recipe created by *Amee Vora*

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.

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