

TAKE A 100 MEAL JOURNEY

MAKE SMALL CHANGES. ONE MEAL AT A TIME.



GARDEN VEGGIE BUDDHA BOWL

Recipe Provided By – Canadian Lentils | Recipe Source – Cookspiration.com

RECIPE INFO

Prep time: 10 minutes

Servings: 6

INGREDIENTS

Tahini Viniagrette

3 tbsp (45 ml) tahini
(sesame paste)

3 tbsp (45 ml) rice vinegar

1 tsp grated ginger

1 garlic clove, minced

3 tbsp (45 ml) canola oil

3 tbsp (45 ml) boiling
water

salt & ground black
pepper, to taste

Bowl Base

2 cups (500 ml) cooked brown rice

1 cup (250 ml) cooked black (Beluga)
or green lentils

salt & ground black pepper, to taste

3 tbsp (45 ml) chopped dill

2 cups (500 ml) thinly sliced baby
spinach

1 cup (250 ml) thinly sliced red
peppers

1 cup (250 ml) grated carrots

1 cup (250 ml) enoki or other
mushrooms sliced

1/2 cup pumpkin seeds

INSTRUCTIONS

Step 1

Whisk tahini, vinegar, ginger, garlic and canola oil together until smooth. Add boiling water to thin out. Season with salt and pepper and reserve.

Step 2

Toss hot rice and lentils with dill in a bowl. Season with salt and pepper to taste. Divide into serving bowls.

Step 3

Divide spinach, peppers, carrots, mushrooms and pumpkin seeds on top of lentil blend in bowls.

Step 4

Drizzle dressing on top of veggies and serve immediately.