

Rainbow Buddha Bowl

Buddha bowl arc-en-ciel

20 min

Easy

420 kcal per serving

Lunch

Vegan

Gluten-Free



Ingredients

FOR ONE SERVING

Brown rice (<i>Riz complet</i>)	80 g
Chickpeas (<i>Pois chiches</i>)	100 g
Avocado (<i>Avocat</i>)	0.5
Red cabbage (<i>Chou rouge</i>)	80 g
Carrot (<i>Carotte</i>)	1
Tahini (<i>Tahini</i>)	2 tbsp

Nutrition facts

PER SERVING

Calories	420
Protein	14 g
Carbohydrates	52 g
Fat	18 g
Fiber	10 g

Preparation

- 1 Rinse the brown rice, then cook it in water with a little salt until tender. Drain any excess water if needed.
- 2 Rinse the chickpeas and warm them gently in a small pan with a splash of water and a pinch of salt.
- 3 Thinly slice the red cabbage and carrot into bite sized pieces.
- 4 Cut the avocado in half, remove the pit, and slice the flesh.
- 5 Spoon the cooked rice into a bowl, then arrange the chickpeas, cabbage, carrot, and avocado in separate sections on top.
- 6 Drizzle the tahini over the bowl and add a little water if needed to thin it into a spoonable sauce.
- 7 Finish with a little salt and pepper to taste, then serve right away.

GOOD TO KNOW

If your tahini is thick, whisk it with a little warm water to make it easier to drizzle.