byodo
bio vom feinsten

Buddha Bowl

Oriental bowl with fresh vegetables, deliciously creamy hummus and crunchy chickpeas as a topping.

Zutaten
4 Portionen

Hummus
240 g Chickpeas
0.5 Lime, juice
1 Garlic clove
2 EL Sesame paste
2 EL Byodo extra virgin olive oil, from Greece
0.5 TL Paprika, sweet
0.5 TL Cumin
0.5 TL Byodo sea salt, fine
0.5 TL Ras El Hanout
Bowl
30 g Quinoa, colorful
150 g Sweet potato
1 Garlic clove
0.5 TL Byodo sea salt, fine
0.5 TL Paprika powder, sweet
0.25 TL Ras El Hanout
1 EL Byodo rapeseed oil, virgin
30 g Red cabbage
1 Carrot
1 handful Baby spinach
1 Mini cucumber
Cress at will

2 EL Byodo Pomegranate Balsam
2 EL Byodo extra virgin olive oil, from Greece
40 g Chickpeas, baked

Zubereitung

Hummus
To make the hummus, drain the chickpeas in a sieve. Squeeze half a lime, peel the garlic clove and cut into small pieces. Puree all the ingredients and spices with a hand blender or mixer until creamy. If the consistency is still too firm, a little oil or cold water can be added if desired.

Bowl
To make the bowl, rinse the quinoa thoroughly in a sieve with cold water and cook according to the packet instructions for approx. 8 minutes.

Peel the sweet potato and cut into 0.5 cm thick slices. Peel and finely chop the garlic. Place the sweet potato slices in a bowl. Mix the sweet potato slices with the spices, rapeseed oil and garlic and bake at 200 °C fan oven for approx. 20 minutes.

In the meantime, finely chop the red cabbage. Peel and grate the carrot. Wash and spin dry the baby spinach. Cut the cucumber into slices.

Arrange all the ingredients and the hummus in a bowl, garnish with cress and drizzle with pomegranate balsamic and olive oil. Finally, spread the baked chickpeas over the bowl and enjoy.