

## Budha Bowl – 4 servings (2 lunches for 2 people)

- 1 cup of cooked quinoa
- 2 cups of roasted chickpeas
- 1 bunch of sautéed kale
- 1 garlic head
- 1 avocado
- 10tbsp of hummus
- 12 slices of roasted pumpkin
- Roasted almonds (option)
- 2 tbs of Tahini dressing per serving\*

### **How to prepare:**

1. In a medium pan boil 2 cups and 1/2 of water; add the quinoa, 1 tsp of olive oil and salt to taste. Cook in low fire until water is absorbed. Mix with a fork.
2. Cook the chickpeas using a pressure cook or not (you can cook ahead 1 kg and freeze in small amounts and refreeze one day before). Wipe the chickpeas with paper towels and season with a spice mix of your choice (example: cumin, coriander, cayenne pepper, lemon juice and salt).
3. Preheat oven to 175C. Line a baking sheet with baking paper.
4. Spread the chickpeas on the baking sheet, bake for 1 hour, stirring half away.
5. At the same time roast the pumpkin slices with black pepper and salt. FOR 20MIN ONLY!
6. Wash and cut the kale, cut or smash the garlic – sautéed the garlic and kale with olive oil or oil of your preference.
7. Slice the avocados
8. Prepare your bowl with all ingredients , add the sauce and serve!

\*Tahini dressing (makes 1/2 cup)

- 1/4 cup tahini
- 1tbsp extra virgin olive oil
- juice of 1/2 lemon
- 1/4tsp sea salt
- 2-6 tbsp of hot water
- 1/4 tsp of cumin
- freshly ground black pepper

In a small bowl, whisk together tahini, olive oil, lemon juice, and salt. Add hot water 1 tbsp at a time, whisking well until reaches a nice consistency. Stir other spices and olive oil. Can be refrigerated for up to 5 days.