

Recipe Makeover: Buddha Bowl

Watch the video: <https://youtu.be/Bi2Ls1C4PoQ>

Buddha Bowl

Ingredients

Grain

1/3 cup Brown rice

Marinade

1 ½ Tbsp Soy sauce

1 Tbsp Rice vinegar

2 tsp Honey

¼ tsp Grated fresh ginger

¼ tsp Water

Protein

½ block Tofu

1 Tbsp Grapeseed oil

Vegetables

2 slices Purple cabbage

½ Red pepper

½ Avocado

1 Cucumber (small)

2 Green onions

1 sprig Cilantro

Dressing

2 Tbsp Peanut butter or other nut/seed butter

2 Tbsp Soy sauce

1 Tbsp Rice vinegar

½ Tbsp Sesame oil

½ tsp Red curry paste

¼ tsp Grated fresh ginger

1 clove Garlic, minced

1 Tbsp Nutritional yeast

Method

1. Prepare your grain as per package instructions.
2. Prepare your marinade by mixing all ingredients together in a medium bowl.
3. Prepare your protein. Press tofu with a clean kitchen towel or paper towel to remove the excess liquid. Cut tofu into cubes and add to marinade. Stir to make sure marinade covers all of the tofu. Set aside.
4. Cut up vegetables as desired.
5. Made dressing by whisking all ingredients together in a small bowl.
6. Heat frying pan to medium-high heat. Heat 1 Tbsp grapeseed oil. Remove tofu from marinade and add to pan. Cook tofu until lightly browned, turning once or twice.
7. Assemble your bowl: rice, tofu, vegetables, drizzle with dressing and top with green onion and cilantro. Enjoy!

Customize this bowl by using different grains, proteins and vegetables.