



PLANT BASED BUDDHA BOWL

This weeks Recipe of the Week is a divine little dish from [Janine's Gluten Free Kitchen](#). A delicious plant based buddha bowl (yes, it's suitable for vegans) made up of an assortment of roasted vegetables with baked tofu and spicy chickpeas. You'll have to read on for more... Enjoy!

Serving size: 4

Ingredients:

200g *firm tofu*

2 *avocados*

400g *chickpeas*, tinned, drained and washed (or 1 cup dried chickpeas cooked)

2 *large sweet potato*

4 *red capsicums*

1 *bunch kale*

100g *baby spinach leaves*

2 *tablespoons sesame seeds*

1 *tablespoon Nigella (black cumin) seeds*

1 *tablespoon gluten free harissa paste*

4 *large red onions*

1 *cup olive oil*

1 *tablespoon sweet paprika*

1 *teaspoon smoked paprika*

1/2 *teaspoon cayenne pepper*

1 tablespoon *dried or fresh thyme*

2 tablespoons *Zaatar (Lebanese herb blend)*

Tahini Sauce to serve

Method:

Watch [here](#) to see how this recipe is put together.

Gluten Free | Dairy Free | Sugar Free | Vegan

To see more from Janine visit her YouTube channel [here](#)