

BUDDHA BOWL



MINUTES TO PREPARE
5



MINUTES TO COOK
15



SERVES
1



INGREDIENTS

1 sweet potato, peeled and diced
Sprinkle of sumac
1 teaspoon rapeseed oil
1 teaspoon sunflower seeds
1 teaspoon pumpkin seeds
1 beetroot, peeled and grated on the large grate
1/2 apple, grated on the large grate
1 capful rapeseed oil
1 capful cider vinegar
Salt and pepper
Pinch of sugar
4 walnuts
2 eggs
1/4 avocado, sliced
Handful coriander leaves
5 slices of chilli, optional
Hummous to serve, optional

LET'S GET COOKING

- 1 Heat a teaspoon of rapeseed oil in a small frying pan over a high heat. Add the sweet potato and turn down to a medium heat. Sprinkle over the sumac and fry off gently for 10 minutes, turning from time to time. Add the pumpkin and sunflower seeds and cook for a further 5 minutes.
- 2 Meanwhile, bring a small saucepan to the boil. Add the eggs and cook for 4 minutes 30 seconds. Take off the heat, drain, peel and halve.
- 3 Next prepare the grated beetroot and apple by placing them in a bowl. Mix with the capfuls of oil and vinegar, and season with salt, pepper and sugar. Crumble through the walnuts.
- 4 To assemble layer the sweet potatoes, eggs, beetroot slaw and avocado around the plate in sections so that you can dip in and out of flavours, textures and colours as you please. Add a heaped handful of whole coriander leaves and stems, and scatter over the chilli slices and hummous.

"A Buddha Bowl is a delicious way to create variety in your diet and eat the rainbow. It has become a fancy term but at it's core it is about balancing the different healthful types of food that you eat, and not eating too much of any one thing. They tend to be vegetarian based, and I've added eggs here for protein. You might have had one at a restaurant before, and now is the time to start making your own!"