

Vegan Buddha Bowl with Tahini Dressing ??

Marcel · 25/04/2025



Prep Time

20

Difficult

Easy

Servings

2

Description

This colorful vegan Buddha Bowl is packed with flavor, texture, and nutrients. Featuring roasted sweet potato, crisp broccoli, creamy avocado, cucumber, red cabbage, chickpeas, and quinoa, it's a beautiful balance of comfort and nourishment. Topped with a smooth tahini dressing and a sprinkle of sesame seeds, it's the ultimate feel-good, plant-based meal. ?

Ingredients

- 1 medium sweet potato, peeled and diced
- 1 cup cooked quinoa
- 1 cup broccoli florets
- 1/2 cup canned chickpeas, drained and rinsed
- 1/2 cucumber, sliced
- 1/2 cup shredded red cabbage
- 1 small tomato, diced
- 1 tbsp sesame seeds
- 1 tbsp olive oil
- salt & pepper to taste
- For the tahini dressing:
 - 2 tbsp tahini
 - 1 tbsp lemon juice
 - 1 tbsp water (add more to thin)
 - 1 tsp maple syrup or agave
 - Pinch of salt

Instructions

1. Preheat the oven to 400°F (200°C). Toss the sweet potato cubes with olive oil, salt, and pepper, and spread them on a baking sheet. Roast for 20–25 minutes until tender and slightly crispy.
2. Steam or blanch the broccoli for 2–3 minutes until just tender but still bright green and crisp.
3. Prepare the dressing: Whisk together tahini, lemon juice, maple syrup, salt, and water until smooth. Add more water to thin if needed.
4. Assemble the bowls: Divide the quinoa between two bowls. Arrange the roasted sweet potato, broccoli, chickpeas, cucumber, red cabbage, and diced tomato in neat sections.
5. Drizzle with the tahini dressing, sprinkle sesame seeds on top, and serve immediately.