

Vegetarian Buddha Bowl: quinoa, marinated tofu, crunchy vegetables, tahini and soy vinaigrette |

Recipe for 12 tapas

Description

Very easy and fresh recipe. perfect for week ends afternoons on the terrasse.

Note

This recipe can be adapted depending on what you have at home, so feel free to use other toppings.

Ingredients

Toppings

- 200 Gr Tomato
- 125 Gr Libanese cucumber
- 15 Ml Rice vinegar
- 250 Gr Sweet potatoes
- 150 Gr Edamame (soybeans)
- 5 Sprig(s) Fresh cilantro
- 2 Unit(s) Green onion

Marinated tofu

- 200 Gr Tofu
- 30 Ml Soy sauce
- 5 Gr Fresh ginger
- 30 Ml Canola oil
- 1 Clove(s) Chopped garlic
- 1 Tbsp White wine

Quinoa

- 200 Ml Quinoa

Dressing

- 15 Ml Dijon mustard
- 15 Ml Tahini
- 50 Ml Canola oil
- 30 Ml Soy sauce
- 15 Ml Maple syrup
- 1 Unit(s) Lime

Preparation

- Preparation time **40 mins**
- Preheat your **Oven** at **400 F°**
- Resting time **15 mins**

Prep

Wash the lime, remove the zest, then squeeze to extract the juice. Mix all the ingredients for the dressing and set aside in the refrigerator.

Wash the Libanese cucumbers and tomatoes, then cut them into cubes.

Blanch the soybeans for 3 minutes in boiling salted water.

Remove the leaves from the cilantro (washed) and chop them coarsely.

Grate the fresh ginger, peel and finely chop the garlic.

Cut the green onions into wedges.

Peel and dice the sweet potato, then bake it in the oven with a drizzle of olive oil, salt, and pepper. Make sure it browns nicely.

Quinoa

Pour the quinoa into a saucepan and add almost twice its volume in water. Bring to a boil, reduce the heat, cover, and cook over low heat until the water is absorbed, about 10 to 15 minutes. Turn off the heat, cover, and let stand for another 10 minutes. Let cool.

Marinated tofu

In a bowl, mix the tofu with all the marinade ingredients and leave in the refrigerator for 15 minutes. Fry the tofu in a pan with the marinade.

Dressing your plates

Place the quinoa salad in the bottom of a deep plate, ensuring there is a good amount, drizzle generously with vinaigrette, and arrange the garnishes attractively here and there.

Finish with a little more vinaigrette if you have any left over.

Bon appétit!