



Chickpea & Vegetable Buddha Bowl with Free Range Egg

Buddha bowls are great. They can be customized in so many different ways. Have you ever wondered how the Buddha bowl got its name? Buddha woke up before dawn every morning and carried his bowl through the roads or paths wherever he was staying. Local people would place food in the bowl as a donation, and at the end he would eat whatever he had been given," So that was the original Buddha Bowl: a big bowl of whatever food villagers had available and shared!

Ingredients

- Tenderstem Broccoli
- Chick Peas
- Fresh Rocket
- Almonds
- Red Chilli
- Free Range Egg
- Carrot

Your Pantry

- Olive Oil

Nutritional Info

Calories: 434 kcal
Carbohydrates: 16 g
Protein: 22 g
Fat: 20 g

Allergens


Egg (Egg)
Nuts (Almonds)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) **Toast the almonds**

In a dry pan over a medium heat, toast the almonds until they develop a nice colour, be careful not to burn them.

2) **Prepare the ingredients**

Peel and grate the carrot, then set aside. Finely chop the chilli.

3) **Make the dressing**

Mix half the chopped chilli with about 10 ml of olive oil per person.

4) **Drain the chickpeas**

Strain and wash the chickpeas. Mix the other half of the remaining chilli through the chickpeas.

5) **Fry the broccoli**

Drop your broccoli into a pan, with a little oil, over a medium heat and cook for 2-3 minutes. Add a splash of water to the pan to help the broccoli cook. Set the broccoli aside.

6) **Fry the egg**

In the same pan with a little oil fry the egg over a medium heat

7) **Finish the dish**

Put the rocket in a bowl and arrange all the other ingredients into different sections. Place the egg on top. Season with salt and pepper. Scatter over the almonds and drizzle over some of the chilli dressing. Enjoy!



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