



Quinoa & Avocado Budda Bowl

Buddha bowls are so good. 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

- Spinach
- Avocado
- Baby Heirloom Tomatoes
- Vegetable stock cube
- Quinoa
- Natural Yogurt
- Dried Apricots
- Sriracha

Your Pantry

- Salt & Pepper

Nutritional Info

Calories: 440 kcal
Carbohydrates: 61 g
Protein: 11 g
Fat: 18 g

Allergens


Milk (Yogurt)
Sulphur Dioxide (Apricots)
Celery (Stock cube)
Stock Cube may contain traces of Shellfish, Egg, Soya & Mustard

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) **Boil the kettle**

Dissolve the stock cube in 500 ml of boiling water per cube and set aside 160ml person to cook the quinoa in.

2) **Cook the quinoa**

Add the stock and the quinoa to a pot uncovered. After 12 minutes, turn off the heat and cover with the sauce pan lid. Set aside for 5-10 minutes. While the quinoa is boiling.....

3) **Prepare the vegetables**

Slice the tomatoes in half, season with salt & pepper. Slice the avocado in half, remove the stone and scoop out the inside then roughly chop or slice. Slice the apricots. Mix enough of the sriracha to the yoghurt so that it's to your liking.

4) **Make the bowl**

Put the spinach in a large bowl and drizzle some yogurt over it. Arrange the tomatoes, avocado and apricots around the side of the bowl.

5) **Add the quinoa**

When the quinoa is done strain it and add it to the budda bowl!. Enjoy!



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