Buddha Bowl with Crispy Bits

Inner peas are nice. Crispy bits are also important.

Serves 4 · Prep: 20 minutes · cooking: about 30 minutes



The good stuff.

Ingredients

- 4 Quinoa Sunlight patties
- 1 large sweet potato, cut into 3/4-inch cubes
- 2 tbsp olive oil, divided
- 1 tsp smoked paprika
- 2 cups cooked brown rice
- 4 cups baby spinach
- 1 avocado, sliced
- 1 cucumber, diced
- 2 tbsp pumpkin seeds
- Salt and black pepper to taste

For the tahini dressing

- 1/4 cup tahini
- 2 tbsp lemon juice
- 1 tbsp maple syrup
- 3–5 tbsp water
- Salt to taste

Cook with Quinoa Sunlight.
Made in Bolivia. Big veggie energy.

Apron on. Let's cook.

1. Heat the oven to 425°F (220°C). Toss sweet potato with 1 tbsp oil, paprika, salt and pepper. Roast for 25–30 minutes, turning halfway, until tender.
2. Cook the patties according to their package directions. Break into bite-sized pieces.
3. For extra crisp edges, heat remaining oil in a nonstick skillet and toss the cooked patty pieces for 2–3 minutes.
4. Whisk dressing ingredients, adding water until pourable.
5. Divide rice and spinach among four bowls. Add sweet potato, avocado, cucumber and crispy patty pieces. Drizzle with dressing and sprinkle with pumpkin seeds.

The chef's two cents.



Add the crispy bits last. They worked hard for that crunch; don't make them swim in dressing.

Peace. Love. Seconds, please.

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