



Tempeh Buddha Bowl

1 serving
30 minutes

Ingredients

85 grams Tempeh (sliced into strips)
2 tsp Tamari
1/16 tsp Paprika
1 tsp Avocado Oil
1 1/3 cups Cauliflower Rice
1 tbsp Tahini
1 tsp Maple Syrup
2 tsp Lemon Juice
1 tbsp Water
1/16 tsp Sea Salt
2 cups Rocket
1/3 Avocado (sliced)
1 tbsp Sunflower Seeds

Nutrition

Amount per serving	
Calories	509
Fat	36g
Saturated	6g
Carbs	30g
Sugar	9g
Protein	28g
Cholesterol	0mg
Sodium	887mg

Directions

- 1 Preheat the oven to 190°C and line a baking tray with baking paper. In a small bowl, toss the tempeh with the tamari, paprika and avocado oil. Place the strips of tempeh on the baking tray and bake for 20 to 23 minutes, flipping halfway through.
- 2 Heat a pan over medium heat. Add the riced cauliflower. Sauté for 5 to 7 minutes, and then remove from heat.
- 3 In a small bowl, whisk together the tahini, maple syrup, lemon juice, water and sea salt.
- 4 Add the cauliflower rice to your bowl, and top with rocket, avocado, sunflower seeds and tempeh. Top with the tahini dressing and enjoy!

Notes

Leftovers, Refrigerate the ingredients and dressing separately in airtight containers for up to three days.

More Flavour, Add chilli flakes to the cauliflower rice.

No Avocado Oil, Use extra virgin olive oil or coconut oil.