

MISO ROASTED VEGETABLE BUDDHA BOWLS

Ingredients:

- 1 cup quinoa, rinsed
- ¼ cup sushi seasoning
- 2 tbs miso paste
- 1 tbs honey
- 1 sweet potato, peeled, diced into 1cm pieces
- 1 piece firm tofu, drained and sliced
- 1 small basket broccoli florets
- 1 avocado, thinly sliced
- 1 tbs sesame seeds, toasted in a pan
- 2 sheets nori



What to do:

1. Preheat oven to 200c and lightly grease oven tray with oil.
2. Combine quinoa with 2 cups water in small saucepan. Bring to boil over high heat then reduce heat to low. Cover and cook quinoa for 15mins.
3. Remove quinoa from heat and leave covered for 5mins. Fluff with a fork and stir in sushi seasoning.
4. Meanwhile, stir miso and honey together in a small bowl.
5. Marinate prepared sweet potato, tofu and broccoli separately with miso mixture.
6. Arrange sweet potato and tofu on greased oven tray, bake for 10mins.
7. Arrange broccoli over sweet potato and bake for further 15mins until sweet potato is tender and broccoli tips are browning.
8. Spoon quinoa into large serving bowls, one for each dining table.
9. Top serving bowls with roast vegetables, tofu, and avocado.
10. Sprinkle with sesame seeds and crushed nori sheets.

