

POTATO AND MIXED VEGETABLES BUDDHA BOWL



Serving: 6 - 8

Cooking Time: 10 minutes

Prep Time: 10 minutes

INGREDIENTS

- 12 baby brinjals

- 1kg large potatoes, cubed
- 60ml (¼ cup) olive oil
- Salt, to taste
- 200g green beans, trimmed and steamed
- 30ml (2 tbsp) ground turmeric
- 10ml (2 tsp) cayenne pepper
- 1 red cabbage, shredded
- 2 avocados, sliced
- 50g kale leaves
- **Dressing:**
- 200ml mayonnaise
- 120ml water
- 30ml (2 tbsp) soy sauce
- Juice of 1 lemon

INSTRUCTIONS

Tip: Buddha bowl is normally a vegetarian meal served in a bowl and consists of small serving portions of food. It is also served cold. The name is derived from the shape of the bowl that is round and big like Buddha's belly shape.

1. Preheat the oven to 180°C and line a large baking tray with baking paper.
2. Put the brinjals in a large mixing bowl together with the potatoes and toss through 30ml (2 tbsp) of the oil and season. Roast until the brinjals are cooked, remove the brinjals and continue to roast the potatoes until crispy.
3. In another bowl, toss the beans with the remaining oil, turmeric, paprika and cayenne pepper and mix until well combined. Sauté the green beans over medium heat and continuously stirring, until warmed through and fragrant, for (+/- 5 minutes).

4. Assemble all the ingredients into serving bowls. Mix the dressing ingredients well together and drizzle over the buddha bowls and serve