

Thai Peanut Sweet Potato Buddha Bowl

SUPPLIES

large, thin sheet pan/ baking pan
measuring spoons
chef's knife
cutting board
wooden spoon

INGREDIENTS FOR ROASTING

- 2 sweet potatoes, peeled + medium cubed
- 1 can peas or beans (ie. chickpeas), drained + rinsed
- 1 head broccoli (or a dark, leafy green), chopped
- 1/2 red onion, sliced into half moons
- 2 tablespoons vegetable oil
- 1 tablespoon low-sodium soy sauce
- 1 tablespoon honey
- 4 cloves garlic, minced
- 1 teaspoon red pepper flakes- optional

INGREDIENTS FOR BOWL

- 1 cup whole grain, cooked (ie. brown rice, millet, or quinoa)
- 1 avocado, sliced
- 1/2 cup chopped peanuts or sesame seeds
- peanut sauce,
- 3-4 sprigs cilantro, chopped

PEANUT SAUCE

- 1/3 cup natural peanut butter, if thick, microwave ~ 15 seconds
- 1/2 inch fresh ginger, minced
- 1 tablespoon honey
- 2 tablespoons low sodium soy sauce
- 1 teaspoon rice wine vinegar
- 1/2 teaspoon sesame seeds
- 1/2 organic lime, juiced + zested
- 2 tablespoons + hot water
- crushed red pepper flakes, optional

3 Ways the Thai Peanut Sweet Potato Buddha Bowl Fits into OUR Plan



1. Incorporates herbs + spices
2. Part of our weekly Prep & Snacks- The Roasted Sweet Potatoes, broccoli and chickpeas
3. Embraces Flexibility and Creativity: allows for customization based on what we feel like eating and what we have in the kitchen

Step 1:



Mix Seasoning + Dry Chickpeas

Preheat oven to 400°F.

- Mix the soy sauce, honey, garlic, red pepper flakes and garlic together in a bowl.
- Dry off your chickpeas with a clean kitchen towel and lightly rub it over the chickpeas. Remove any loose chickpea skins that come off.



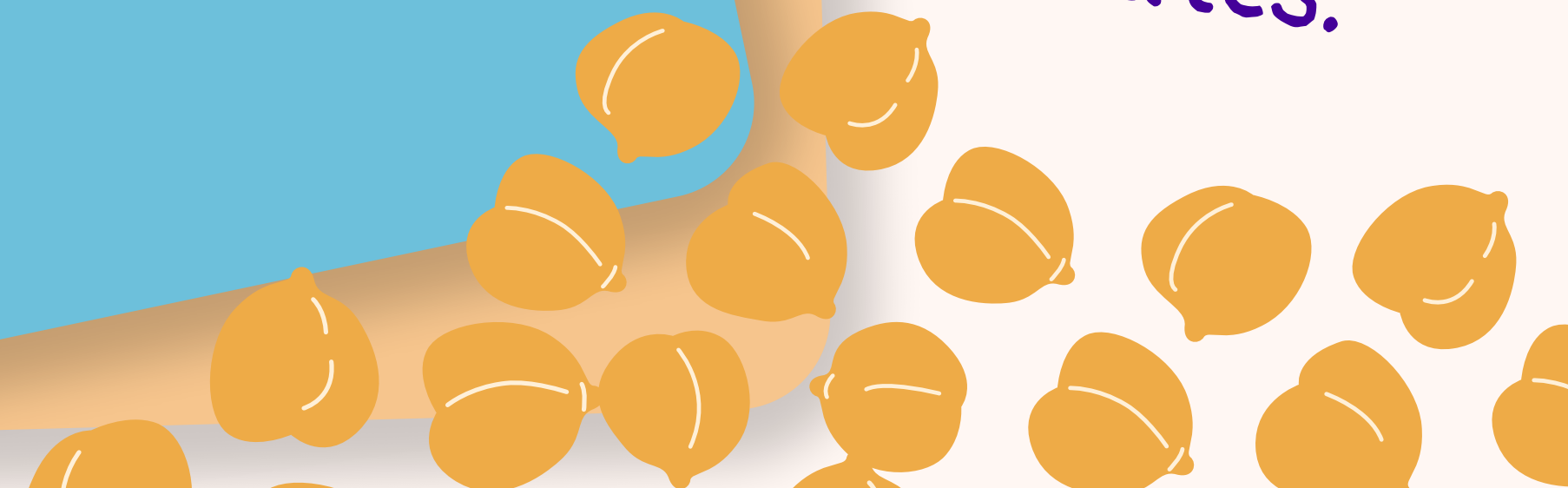
Step 2: Roast Chickpeas + Sweet Potatoes



Add your chickpeas and sweet potato to a large foil paper lined sheet pan and drizzle with half of the soy sauce mixture. With your hands, toss everything together evenly and then spread your chickpeas and potatoes out into a single layer. Place the sheet pan into the oven.



Bake for 20
minutes.



Step 3: Roast Broccoli + Onions

- Carefully remove the sheet pan, give the chickpeas and sweet potato a toss and push them to the side to make room for your broccoli and red onions.
- Drizzle the broccoli and red onions with your remaining soy sauce mixture, toss together with your hands and spread out on your sheet pan. Return the pan to the oven.



Bake for
10-15 more
minutes.

Step 4: Make the Peanut Sauce

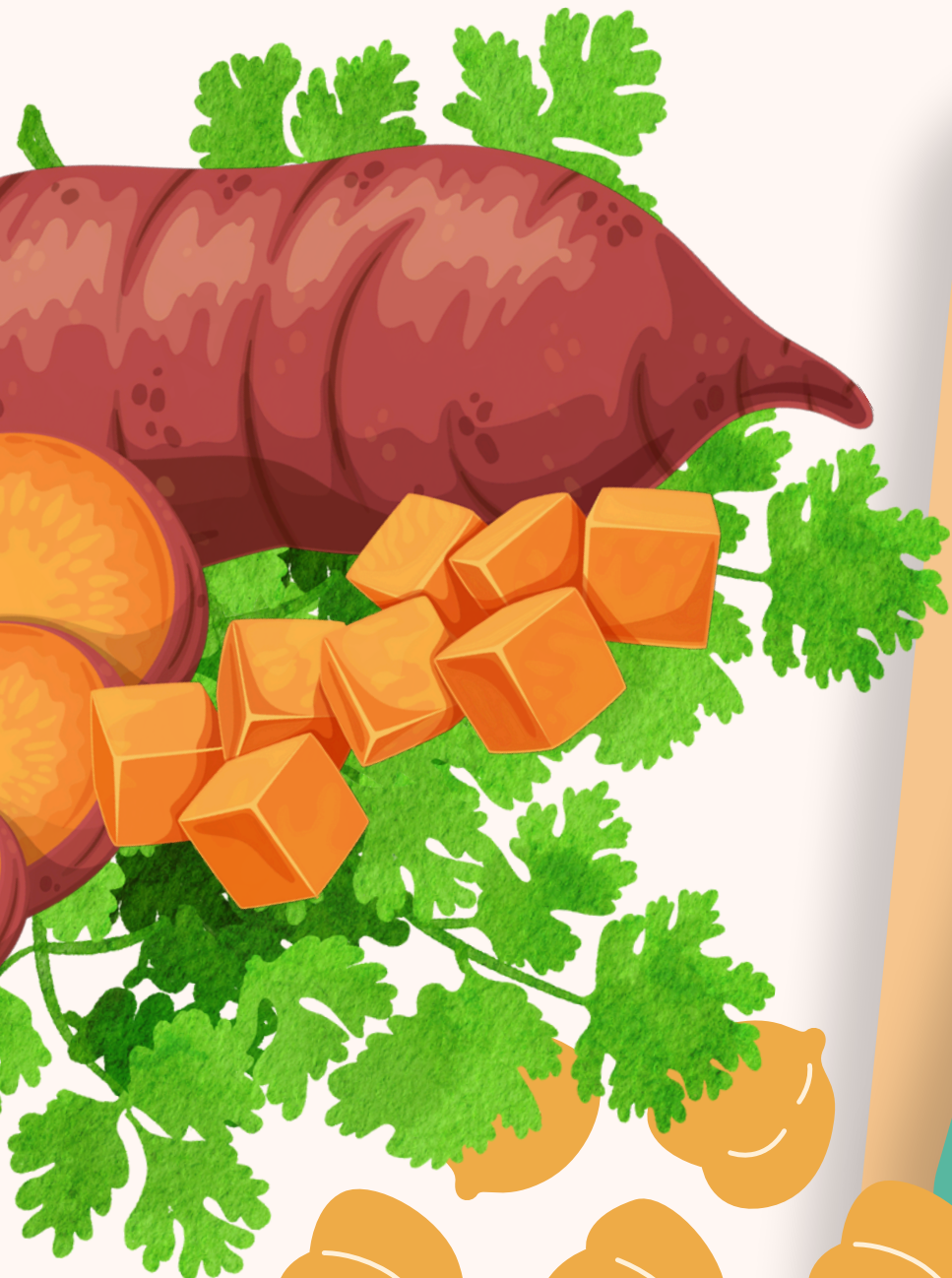
- Gather the ingredients: natural peanut butter, ginger, honey, soy sauce, rice wine vinegar, sesame seeds, lime juice, red pepper flakes, and hot water.

- Whisk all the ingredients (except the hot water) together in a bowl; shake vigorously in a jar with a lid, or blend in a small blender until smooth.

- Add the hot water a little at a time until your desired consistency is reached.
- You can make this ahead of time and store it in the fridge, or dip and eat immediately!



Step 5: Assemble Bowl



- When the chickpeas, sweet potatoes, broccoli and onions are done, assemble the bowls:
 - Make a base with your favorite whole grain, then add the roasted veggies, avocado slices (or some other fresh veggie like corn).
 - Then top with cilantro and chopped peanuts or a sprinkle of sesame seeds



**Serve &
Enjoy!**

