

Buddha Bowl with Sweet Potato-Hummus

Ingredients for 4 portions:

For the hummus:

2 small US sweet potatoes
450 g chick peas (canned)
2 tbsp. tahini
2 tbsp. olive oil
2 garlic cloves
1 lemon
1 tsp. paprika
½ tsp. cinnamon
1 tsp. nutmeg
½ tsp. cumin
2 tsp. turmeric

For the Buddha Bowl

1 broccoli
400 g cherry tomatoes
2 yellow bell peppers
200 g mushrooms



Preparation:

1. For the hummus, wash and drain the chick peas. Peel the sweet potatoes and cut into large chunks. Cook for around 10 to 15 minutes until soft and let them drain. Add sweet potatoes, chick peas and all remaining hummus ingredients into a mixer and mix until smooth. Season with salt and pepper.
2. Wash the broccoli and cut into small pieces. Steam or cook slowly for around 10 minutes. Wash and cut in half the bell peppers. Remove pits and cut into stripes. Wash tomatoes and cut in half. Clean mushrooms and cut into thin slices.
3. Arrange hummus with the vegetables and serve.

Preparation time: 30 min

Nutrition facts per portion:

Energy: 490 kcal/ 2050 kJ
Carbohydrates: 66 g
Protein: 20 g
Fat: 13 g