

Spicy Peanut Buddha Bowl

Swick

Serves 2 to 4 | Active Time: 40 minutes | Total Time: 50 minutes

- 1 pkg. 350 gr. extra firm tofu, cubed
- 1/4 cup Garlic-Ginger Paste
- 1/4 cup cornstarch, optional
- 1 to 2 tbsp oil

To prepare the tofu, simply add the Garlic-Ginger Paste to the tofu and toss to evenly coat the tofu. Alternatively, the tofu can be seasoned with a bit of the peanut sauce — just note that the peanut sauce can burn a bit when cooking the tofu, so keep an eye on it.

If marinating the tofu well in advance, cover it and refrigerate until ready to cook it. If using in the next half an hour or so, it's okay to just leave it to marinate on the countertop.

To cook the tofu, preheat the oven to 400°F (200°C) and then just before baking the tofu, toss it in the cornstarch, and then lightly coat it with a bit of oil (omit for oil-free). Place the tofu onto a parchment-lined baking tray and bake for 10 to 15 minutes, or until it is a light golden color and crispy on the outside. Alternatively, the tofu can be fried on the stovetop instead (see notes in images above).

- 2 to 4 cups Garlic-Fried Quinoa (or grain of choice)
- 2 to 4 cups kale, cleaned, stemmed, and torn into bite-sized pieces
- 2 cups snap peas, cut on the bias
- 1 to 2 cups grated carrots
- 1 to 2 cups grated beets
- 1 to 2 tbsp white and/or black sesame seeds, for garnish
- 1 cup Peanut Sauce, or to taste

The amounts needed here will really depend on how much you want to eat and how many people you are serving. For most things we just calculate about 1/2 a cup of each ingredient per bowl. For the grain (if using) and the greens, use about 1 cup per bowl.

Also, each ingredient is merely a suggestion, so feel free to experiment. Also note that the vegetables can be cooked, or left raw, that's also up to you. For this particular bowl, we typically just cook the grain and the tofu and we serve the rest of it raw. It's also nice sometimes to serve the peanut sauce warm as well.

To assemble the bowls, fill the bottom of each bowl with some of the Garlic-Fried Quinoa (or plain quinoa). For the kale/greens, for a bit of added sheen, toss them with a bit of extra-virgin olive oil and season it with salt and pepper and then add a good handful to each bowl — omit the oil for oil-free.

Next, add small piles of the remaining ingredients, including the tofu, around each bowl, or let people do it themselves. Lastly, drizzle the bowls with Peanut Sauce and sprinkle the top with sesame seeds, if desired.

Serve the bowls immediately with extra peanut sauce and hot sauce, if desired.

Note: Feel free to add any garnish that you like to this bowl — we often serve this with a bit of crumbled Plant-Based Feta but generally only when we have some leftover :-)