
Spicy Peanut Sauce Tofu Buddha Bowl

Description

Drawing from her love of Southeast Asian food, Chef Michi creates Buddha bowls that have a variety of colors, textures and nutrients. Get creative by substituting veggies that you have on hand. Just try to “eat the rainbow”, which will ensure you have a variety of nutrients and vitamins in your bowl.

Total time: 40 min Yield: 4 servings

Ingredients

1/2 cup peanut butter
1 tsp sriracha sauce
1/4 cup sweet chili sauce
1/2 cup unsweetened coconut milk
2 Tbsp dried or fresh chives
1 tsp black pepper
2 Tbsp water
1 block firm tofu or 3 pieces yakidofu fried tofu (cut into 1" cubes)
2 cup cooked quinoa
1 1/2 cup red cabbage (shredded)
1 Japanese cucumber (diced)
1 tomato (diced)
15 to 16 oz chickpeas (garbanzo beans, drained)
1/2 cup watermelon or red radish (thinly sliced)
2 cup cooked kabocha (cubed)
1/3 cup prepared fried shallots
1/3 cup roasted peanuts
sliced green onion for sauce garnish

Prep Time: 30 min Cooking Time: 10 min Total Time: 40 min

Instructions

Preheat oven to 350°F. Make the sauce by combining peanut butter, sriracha, sweet chili sauce, coconut milk, chives, black pepper and water. Stir well. If the sauce is too thick to pour, add a little water. Place the cubed tofu on a rimmed pan lined with parchment paper, drizzle with sauce and toss gently. Bake for 10 minutes. Remove and set aside to cool.

To assemble your Buddha bowls, start with four wide, shallow bowls. Divide the quinoa evenly, then divide the red cabbage, cucumber, tomato, chickpeas, watermelon or red radish, kabocha, fried shallots and roasted peanuts evenly into each bowl, making a small pile of each. Circle around the bowl, leaving

a space in the middle for the tofu. Drizzle with more of the spicy peanut sauce and sprinkle with green onions for a flavorful garnish.

Recipe brought to you by:

Chef Michi Holland