

Buddha Bowl

Jacob · 30/09/2024



Prep Time

1 hr

Difficult

Medium

Servings

4

Description

Tasty healthy grain bowl meal in under 1 hour

Ingredients

- - 3 cups chicken broth - 1 ½ cups quinoa - 1 large sweet potato
- diced - 1 large red onion
- diced - ¼ cup olive oil
- divided - kosher salt to taste - freshly ground black pepper to taste - 3 cloves garlic
- minced
- divided - 1 tablespoon minced fresh ginger root - 1 pound skinless
- boneless chicken breast halves - ¼ cup lime juice - 2 tablespoons smooth peanut butter - 1 tablespoon soy sauce - 1 tablespoon honey - 1 tablespoon sesame oil - 2 cups baby spinach - 1 avocado - peeled
- pitted
- and thinly sliced - 1 tablespoon chopped fresh cilantro - 1 teaspoon toasted sesame seeds

Instructions

1. Bring chicken broth and quinoa to a boil in a saucepan. Reduce heat to medium-low
2. cover
3. and simmer until quinoa is tender and broth is absorbed
4. 15 to 20 minutes. Preheat oven to 425 degrees F (220 degrees C). Spread sweet potato and red onion onto a baking sheet. Drizzle 1 tablespoon olive oil over mixture and season with salt and pepper; toss to coat. Bake in the preheated oven until sweet potatoes are tender
5. 20 to 25 minutes. Heat 1 tablespoon olive oil in a skillet over medium heat; cook and stir 2 cloves garlic and ginger until fragrant
6. about 1 minute. Add chicken and cook until no longer pink in the center and the juices run clear
7. about 6 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Cut chicken into 1-inch pieces. Whisk 1 garlic clove
8. lime juice
9. peanut butter
10. soy sauce
11. and honey together in a bowl. Whisk 1 tablespoon olive oil and sesame oil into mixture until dressing is smooth. Divide quinoa among bowls; top with chicken
12. sweet potato mixture
13. spinach
14. and avocado. Sprinkle cilantro and sesame seeds over the top
15. and drizzle dressing over each bowl.