

Brown Rice Buddha Bowl

Jacob · 28/09/2024



Prep Time

48 mins

Difficult

Medium

Servings

3

Description

A fresh and crisp meal in one Brown rice vegetables tofu and chickpeas are topped with a spicy Thai basil dressing and toasted sesame seeds

Ingredients

- - 3 cups water - 1 cup long-grain brown rice - ½ teaspoon salt - 1 lime
- juiced - 2 tablespoons olive oil - 1 tablespoon sesame oil - 1 tablespoon dried Thai basil - 1 teaspoon minced hot chile pepper - 2 tablespoons sesame seeds - ½ (8 ounce) package snow peas - 1 cup cooked chickpeas
- drained - ½ (16 ounce) package firm tofu
- cut into strips - 16 baby corn
- cut into bite-sized pieces - 1 cup grated carrots - 1 small green bell pepper
- diced - 2 green onions
- cut on the diagonal - 2 tablespoons chopped fresh cilantro

Instructions

1. Combine water
2. brown rice
3. and salt in a pressure cooker. Close and secure the lid; bring to high pressure according to manufacturer's instructions. Cook for 10 minutes. Release pressure naturally according to manufacturer's instructions. Drain any remaining water and transfer rice to a large bowl. Whisk lime juice
4. olive oil
5. sesame oil
6. Thai basil
7. and chile pepper in a small bowl to make dressing. Toast sesame seeds in a nonstick skillet over medium-low heat
8. stirring occasionally
9. until evenly browned and fragrant
10. about 5 minutes. Transfer to a bowl. Cook and stir snow peas in the same skillet until bright green
11. 3 to 5 minutes. Remove from heat and let cool. Arrange snow peas
12. chickpeas
13. tofu
14. baby corn
15. carrots
16. and green bell pepper over the brown rice. Drizzle dressing over the entire bowl; toss to mix. Sprinkle toasted sesame seeds on top. Garnish with green onions and cilantro. Cook's Note: I prefer cooking rice in a pressure cooker. If you want
17. use your preferred method instead.