

Thai Buddha Bowl

MAKES 4 SERVINGS

FOR THE BOWL:

- 14 ounces extra firm tofu
- 1 sweet potato, peeled, cut into 1-inch cubes
- 1 Tablespoon oil
- 1 Tablespoon curry powder
- 1 cup dry quinoa
- 1 head purple cabbage, core removed and discarded, leaves shredded
- 1 medium red bell pepper, thinly sliced
- 4-6 scallions, sliced

PEANUT CURRY SAUCE:

- ½ cup peanut butter
- ½ cup coconut milk
- ¼ cup soy sauce
- 2 Tablespoons rice vinegar
- 1 Tablespoon red curry paste

Preparation:

1. Preheat the oven to 400 degrees.
2. On a sheet pan, toss the tofu and sweet potatoes with oil and curry powder. Bake until tofu is golden and crispy and potatoes are cooked through, about 20 to 30 minutes, flipping half way through.
3. Start the quinoa by placing quinoa and 2 cups of water in medium saucepan on medium-high heat. Bring mixture to a boil, then cover and simmer for about 20 minutes, until water has evaporated.
4. Slice bell pepper.
5. Shred cabbage.
6. To make the sauce, add peanut butter, coconut milk, soy sauce, rice vinegar, and red curry paste in a small bowl and whisk vigorously until combined.
7. In a medium serving bowl or in individual bowls/plates, add cooked tofu and sweet potatoes, quinoa, layer in veggies, and top with curry sauce and scallions.

Note: tofu needs to be well drained of water (wrap in several changes of kitchen paper towel). Think of tofu as a sponge. It needs to be dried to soak up all the lovely flavors of the sauce.