

Buddah Bowl with Exotic Spice Vinaigrette

4 SERVINGS 30 MINUTES



INGREDIENTS

- 8 cups Arugula Or Mixed Greens
- 1 cup Beet (spiralized)
- 1 cup Carrot (spiralized)
- 1 cup Cauliflower Rice (raw or sauteed for 3 minutes with 1 tbsp. olive oil on medium heat)
- 1/4 cup Chickpeas (cooked)
- 1/4 cup Fresh Peas (steamed for 2 minutes or leave raw)
- 4 ozs Chicken Breast, Cooked ((optional ingredient) grilled, broiled or baked)
- 1/4 cup Extra Virgin Olive Oil
- 2 tbsps White Wine Vinegar
- 1 tsp Dijon Mustard
- 1 tsp Coriander Seed (toasted and semi ground)
- 1 tsp Cumin (toasted in pan on medium heat until aromatic, and semi ground)
- 1 tsp Fennel Seed (toasted in pan on medium heat until aromatic and then semi ground)
- 1/4 cup Parsley (chopped)
- 1 clove Garlic (finely minced)
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Walnuts (toasted (optional))
- 1 Avocado (sliced)
- 1 Lemon (sliced thin and grilled (optional))

DIRECTIONS

- 01 Make dressing: Toast spices. Place mustard in small bowl. Add spices, parsley, garlic and vinegar. Drizzle olive oil in and season with salt and pepper to taste. Set aside.
- 02 Season and cook protein of choice: chicken, steak, lamb or seafood. Keep warm!
- 03 Toss beets, carrots, cooked cauliflower rice, chickpeas, peas and mixed greens together with dressing OR toss each individually & assemble ingredients separately "composed style".
- 04 Top with: avocado, sliced lemon pinwheels, grilled toasted walnuts
- 05 Top with optional chicken, steak, lamb, or seafood. Enjoy!

NOTES

ADD PROTEIN

Top with goat or feta.

MAKE IT VEGAN

Omit the animal protein. Add nuts, beans or quinoa.