



Nourishing Vegan Buddha Bowl with Peanut Soy Sauce

Description

This vibrant and nutrient-packed vegan Buddha bowl features red cabbage, creamy avocado, kale, crispy tofu, edamame, and carrot slices, all drizzled with a rich and flavorful soy-peanut sauce. A perfect balance of textures and flavors in one wholesome meal!

Ingredients:

For the Bowl:

- ½ cup red cabbage, thinly sliced
- 1 avocado, sliced
- 1 cup kale, chopped

- 1 block (14 oz) firm tofu, cubed
- ½ cup shelled edamame beans
- 1 carrot, cut into small long slices
- 1 tablespoon sesame seeds (for garnish)
- 1 tablespoon coconut oil (for cooking tofu)

For the Peanut Soy Sauce:

- 3 tablespoons peanut butter
- 2 tablespoons soy sauce (or tamari for gluten-free)
- 1 tablespoon rice vinegar
- 1 teaspoon maple syrup
- 1 teaspoon grated ginger
- 1 clove garlic, minced
- 2 tablespoons water (to thin out)
- ½ teaspoon sesame oil (optional, for extra flavor)

Instructions:

1. **Prepare the Tofu:** Pat tofu dry and cut into cubes. Heat coconut oil in a pan over medium heat and add the tofu cubes. Cook for about 10-12 minutes, turning occasionally, until golden brown and crispy. Set aside.
2. **Make the Peanut Soy Sauce:** In a bowl, whisk together peanut butter, soy sauce, rice vinegar, maple syrup, ginger, garlic, water, and sesame oil until smooth. Adjust thickness by adding more water if needed.
3. **Assemble the Bowl:** Divide red cabbage, avocado, kale, edamame, carrot slices, and cooked tofu into bowls.

4. **Drizzle and Garnish:** Pour the peanut soy sauce over the bowl and sprinkle with sesame seeds.
5. **Serve:** Enjoy immediately as a fresh, nutrient-packed meal!