

Veggie Nourish Bowl with Tahini and Tamari Chutney

Calories: 203 kcal

Servings: 2

Time: 0 Mins

Ingredients

- 4.00 spears Asparagus (chopped in half)
- 40.00 g Avocado (sliced)
- 60.00 g Baby Spinach
- 100.00 g Cauliflower (florets, chopped)
- 1.00 tbsp Coriander (fresh, chopped)
- 3.00 tbsp Extra Virgin Olive Oil
- 80.00 g Halloumi Cheese (sliced)
- 45.00 g Mushrooms (one large, sliced)
- 40.00 g Radish (sliced finely)
- 1.00 g Salt (to season)

Instructions

1. This recipe makes two veggie bowls.
2. Chop asparagus, avocado, radish, cauliflower, and mushroom, and slice the halloumi into thin slices.
3. Add 2 tbsp of olive oil to a pan, then add asparagus, cauliflower, mushrooms and cook for 1-2 minutes on high heat. Season with salt. Set aside.
4. Add 1 tbsp of olive oil to the same pan on medium heat, and add the sliced halloumi. Cook for 1 minute, then flip it to the other side cook until the halloumi is golden brown and crispy.
5. In two serving bowls, assemble your cooked vegetables and divide all remaining raw ingredients; avocado, radish, spinach and coriander into each bowl. Place the grilled halloumi top of each veggie bowl.
6. Tahini Tamari Ginger Chutney:
7. Combine tahini, tamari sauce, crushed ginger, lemon juice, flaxseed oil, and monkfruit sweetener together and mix well.
8. Lather half the sauce generously on top of the veggie bowls.