

THE BUDDHA BOWL

Manual Program

Ingredients:

An assortment of vegetables (courgettes, cauliflower, broccoli, carrots, fennel, radish, etc.)

Basmati rice (half white, half whole grain)
Pulses (lentils, chickpeas, haricots—red, white, or green—petit pois, etc.)

Steam the vegetables, whole grain/white rice (preferably organic!), and pulses.

Grate/slice some raw vegetables and marinate them in a sauce (for example: soy, gomashio, lemon, cider vinegar, tahini)

Add 1-2 spoonfuls of rice

1 spoonful of pulses

3 spoonfuls of cooked vegetables

1 spoonful of raw vegetables (marinated to taste) to a bowl.

Top with the tapenade and hummus.

Decorate with seeds and coloured vegetables (and edible flowers if you have any)! Dress with the raw vegetable marinade.

TEFAL TIP:

Don't eat too many carbohydrates and pulses! Small quantities provide your body with all its protein needs. If you eat too much protein (vegetable or animal), you will exhaust your body and kidneys and gain nothing in return!

