

# Buddha Bowl



1 serving

Preparation 20 min.

## Ingredients

- 150 g sweet potato
- 50 g quinoa
- 4 cherry tomatoes
- 75 g red onion
- ¼ avocado
- 100 g black beans
- 25 g red cabbage(finely sliced)
- 20 g cilantro
- black pepper, to taste
- 1 tbsp lemon juice

## Instructions

1. Cut the sweet potato in cubes. Boil the quinoa and sweet potato in two separate pans. Meanwhile, cut the onion and tomato into small parts and cut the avocado into thick slices.
2. Briefly fry the onion in a pan with a good non-stick coating and add the beans. Add the red cabbage if you prefer not to eat it raw.
3. Put the quinoa in a nice bowl and put the bean mixture, the red cabbage, tomatoes, sweet potato and avocado on top. Finely chop the cilantro. Garnish the Buddha Bowl with the cilantro and sprinkle with the lemon juice. Season with black pepper.