



# Rainbow Veggies – Buddha Bowl

## You need:

- ½ cup quinoa (cooked)
- ½ wheel/30gfeta cheese(cubed)
- ½ avocado/guacamole
- 100g eggplant
- ½ sweet potato – medium
- ½ tbsp oil for cooking (coconut/olive)
- ½ tbsp oil
- spices

## Calories/s

446

## Prep time

15-20 min

## servings (s)

1

## Method:

- Boil quinoa in water, until cooked throughout.
- Cut eggplant and sweet potato into 1cm thick circles. Brush with olive oil, salt, pepper and mixed herbs.
- Bake in the oven for 20 minutes/until soft.
- Mash avocado with spices.
- Add everything together and enjoy!

## Nutrition Facts

Serving Size	per meal
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	Per serve
<b>Energy</b>	<b>1866 kJ</b> 446 kcal
<b>Protein</b>	<b>12.00g</b>
<b>Carbohydrates</b>	<b>42.67g</b>
Sugar	5.07g
<b>Fat</b>	<b>26.20g</b>
Saturated Fat	8.229g
Polyunsaturated Fat	1.513g
Monounsaturated Fat	5.412g
Cholesterol	0mg
Fiber	9.3g
Sodium	506mg
Potassium	675mg