Superfood Rainbow Bowl with Manuka Magic Dressing

EASY • 1 HOUR

This stunning Super Food Rainbow Bowl from @livelovenourishaus features a Manuka Magic Dressing that's out of this world. If you're looking for a fresh and healthy recipe to try, this is it!

Recipe by nutritionist Casey-Lee Lyons, Live Love Nourish, @livelovenourishaus



SKILL LEVEL	PREP TIME	COOKING TIME	SERVINGS
Easy	15 mins	45 mins	2-4

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

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Ingredients

RAINBOW BOWL

- ½ cup roasted sweet potato cubes
- 2 wedges roast pumpkin
- ½ cup blanched broccoli florets
- ½ cup shredded kale
- 100g raw zucchini noodles
- Handful cherry tomatoes
- 50g beetroot noodles or fresh beetroot wedges
- ½ cup shredded purple cabbage
- ½ avocado, sliced
- ¼ cup tri-colour quinoa, cooked (or wild rice)
- Pepitas

HONEY ROASTED CHICKPEAS

- 1 cup cooked/canned chickpeas
- 2 tsp extra virgin olive oil
- ½ tsp curry powder
- 3 tsp Capilano Active Manuka Honey
- Sea salt

MANUKA MAGIC DRESSING

- 2 tbsp extra virgin olive oil
- 1 tbsp Capilano Active Manuka Honey
- 150g cooked beetroot
- 2 heaped tbsp coconut yoghurt
- 1 small garlic clove, crushed
- Half lemon juiced
- ¼ tsp ground turmeric
- Salt & pepper, to taste

Method

1. Preheat the oven to 180°C (fan-forced). Line a baking tray with baking paper. Drain and rinse chickpeas. Dry well by spreading out on a paper towel and leave to air dry for 30 minutes.

2. While chickpeas dry, prepare dressing. Combine all ingredients in a blender or food processer, pulse until smooth, adjusting the consistency with water to thin (if needed).

3. In a small mixing bowl combine olive oil, curry powder, Capilano Active Manuka Honey and sea salt. Add chickpeas and toss to coat.

4. Spread chickpeas onto a lined oven tray and roast for 10-15 minutes or tumult golden and crispy. Assemble rainbow bowl with filling ingredients then top with chickpeas, pepitas and dressing to serve.

5. Recipe sub: Instead of chickpeas, use tofu, coat in marinade as per recipe, cook on frying pan in olive oil until golden and crisp.

Used in this recipe



Floral Manuka Honey

Distinctly herbaceous, caramel and smooth,

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Capilano Floral Manuka Honey is made by Aussie bees that have foraged the native *Leptospermum* (Manuka) flowers. It is as delightful at breakfast as it is squeezed into coffee, baking, marinades and dressings.

Make the Sweet Switch
Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes here.

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