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

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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



Active Manuka Honey

Nature's Sweet Superfood

Made by some of the world's healthiest bees*, Capilano Active Manuka honey is naturally rich

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in Methylglyoxal (MG). The higher the MG, the more potent the honey's activity.

Delicious Taste

Australia produces some of the most potent, best tasting Manuka honey in the world due to our warm climate and diverse number of Leptospermum (Manuka) varieties. Capilano's premium, bioactive Manuka honey has a rich, smooth, caramel taste.

Boost your Daily Health Routine
Squeeze the bioactive goodness of Capilano Active Manuka honey into your daily cup of tea, coffee, smoothies, yoghurt or cereal, or simply enjoy by the spoonful.

*Vella, G. 2016. Issue 215. CSIRO.

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