



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
Easy

PREP TIME
15 mins

COOKING TIME
45 mins

SERVINGS
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 processor, 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 until 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



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

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