

<p style="text-align: center;"><b>LE CREUSET STONWARE</b> <b>24cm Bowl</b></p>
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**Roasted Curried Cauliflower & Butternut Squash Buddha Bowl**

**Serves 2**

A Buddha bowl is traditionally a vegetarian meal served in a single bowl or high-rimmed plate, which consists of small portions of several foods which can be mixed and matched depending on preference. Taking influence from traditional Indian spices and vegetarian ingredients this buddha bowl is healthy, wholesome and packed full of flavour.

Preparation time: 5 minutes

Cooking time: 20 minutes

**INGREDIENTS**

75g sweet chilli sauce  
2 tsp ground turmeric  
1 tsp mild curry powder  
½ tbsp chilli sauce  
Pinch of sea salt  
1 lemon  
1 tbsp rapeseed oil  
500g cauliflower florets  
300g butternut squash 'moons' (See Cook's Notes for 'moons' description)  
400g tin chickpeas

**FOR THE MINT YOGHURT DRESSING**

2 sprigs fresh mint, leaves picked  
Squeeze of lemon  
1 tsp garlic puree  
150g natural yoghurt  
Sea salt & cracked black pepper

**TO SERVE**

75g brown rice, cooked  
50g spinach  
10g fresh coriander, chopped

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**METHOD**

Preheat the oven to 200°C/ Fan 180°C/ Gas Mark 6

1. In a large bowl combine the sweet chilli sauce, turmeric, curry powder, chilli sauce, salt, a squeeze of lemon and the oil to make the marinade. Add the cauliflower and butternut squash slices and coat in the marinade.
2. Lay the cauliflower and butternut squash pieces on a lined baking tray and roast in the oven for 20-25 minutes to soften and char slightly.
3. Drain the chickpeas and tip into the marinade bowl to coat in the remaining marinade.
4. Add the coated chickpeas to the baking tray 10 minutes before the end of cooking time to crisp up. Turn the cauliflower and butternut at the same time to ensure they cook evenly.
5. In the meantime, make the dressing. Finely chop the mint and place in a bowl along with all the other ingredients except for the seasoning. Whisk together using a fork and then season to taste.
6. To serve, place the spinach at the bottom of the bowl. Add the cooked rice and top with the roasted cauliflower, butternut and chickpeas. Finish with a drizzle of the mint yoghurt dressing and a sprinkling of roughly chopped coriander.

### **Cook's Notes**

- Butternut squash 'moons' are created from the bulbous end of the squash. Simply peel the squash, slice off the bottom removing the root attachment where the butternut starts to straighten into the neck of the squash. This leaves you the bulbous end which can be sliced in half and the seeds removed. Slice in half to create moon-shaped slices.
- This dish is not limited to the ingredients listed above. Why not swap butternut squash for sweet potato and cauliflower for broccoli. This is a great dish to use up your vegetable leftovers!