

The Energy Bowl

Swick

Serves 4 | Active Time: 30 minutes | Total Time: 1 hour

Step 1: Preparing Your Mise en Place

- 1 recipe Cauliflower Sauce
- 1/2 recipe Lime-Avocado Sauce*
- 1/2 bunch fresh cilantro
- 1 cup Cashew Cream
- 2 cups cooked quinoa*
- 1 cup finely grated carrots*
- 1 cup finely grated beets*
- 3 to 4 cups baby kale, torn into bite-sized pieces*
- 4 tbsp pumpkin seeds
- 4 tbsp sunflower seeds

To start, first prepare the Cauliflower Sauce.

Note: For Lime-Avocado Sauce, make only half the recipe and add an additional half bunch of fresh cilantro. This makes for a delicious Cilantro-Avocado Sauce. Once done, place it into a squeeze bottle (if you have one if not, you can simply spoon it on at the end).

Next, gather (or make) the Cashew Sour Cream. Again, place this into a squeeze bottle, if you have one.

Note: For the quinoa, either use leftover and reheat it just before serving or cook as follows:

Bring the 1 1/2 cups stock and 1 cup of quinoa to a boil in a small pot. Reduce to a simmer and cover with a lid. Let cook for 15 to 20 minutes. Remove from the heat. Keep covered and let rest for about 10 minutes. Uncover, fluff with a fork, and set aside to cool. Note: If using plain water, be sure to season the water with a pinch or two of sea salt. Also, note that Garlic-Fried Quinoa works well with this bowl.

Note: For the carrots and beets, grate them as desired, we just like a bit of a finer grate for this dish as it makes for a more delicate dish. For the kale, baby kale is best as it is also quite delicate; however, if you cannot find baby kale, regular kale will work just fine — just be sure to cut or tear the pieces quite small.

Step 2: Assembling the Bowls

- 1 tbsp nutritional yeast
- sea salt, to taste
- freshly ground black pepper, to taste

Just before serving, toss the kale with the nutritional yeast, salt, and pepper.

To assemble the dish, start by placing about 1/2 cup of hot/warm quinoa on the bottom of a large serving-sized bowl. Next, ladle about a 1/2 cup of cauliflower sauce around the edge of the quinoa (or simply pour over the top).

Next, place a handful of the seasoned kale on top — followed by 1/4 cup each of grated carrots and beets. Next, sprinkle with a tablespoon each of pumpkin and sunflower seeds.

Lastly, drizzle the top with a generous amount of the Lime-Avocado Sauce and Cashew Sour Cream. Serve immediately and enjoy.

Chef's Notes

While this dish may seem time consuming, it's actually quite easy to make. Also, many things, like the sauce, the quinoa, cashew sour cream etc. can be made ahead of time. It also tastes delicious, so it's worth any extra effort.