

Buddha Bowl with Air Fried Vegetables and

Serves 4

INGREDIENTS

8 mixed carrots
2 red onion
2 sweet potato
1 head broccoli
40 g almonds
180 g rainbow quinoa
460 ml water
50 g carrot greens
2 lemon
2 cloves garlic
10 tbsp olive oil
olive oil
salt
pepper



Vegetarian Paella

METHOD

1. Preheat the oven to **215°C Air Fry**. Transfer almonds to the **perforated Air Fry baking tray** and toast in the oven for approx. 5 min. In the meantime, peel carrots, red onion, and sweet potato, then roughly chop into large chunks and keep carrot greens for later. Cut broccoli into small florets. Remove almonds from the oven, set aside. Transfer vegetables to the perforated Air Fry baking tray and roast for approx. 20 - 25 min., or until the potatoes and carrots are tender.
2. In the meantime, rinse the quinoa under cold water in a sieve. Add water to a small pot and bring to a boil on the Induction Hob on **heat setting 9**, add a pinch of salt and the rinsed quinoa. Let simmer on **heat setting 6** for approx. 15 min., or until the quinoa is cooked. Fluff with a fork and set aside. When the vegetables are done, put in a bowl and toss with a bit of salt and pepper to taste.
3. Roughly chop toasted almonds and transfer them to a small bowl. Use your hands to tightly pack and roll the carrot tops to make them easier to chop, then finely chop and transfer to the bowl with the almonds. Zest and juice lemons and add to the bowl as well. Grate garlic into the bowl, then add olive oil and season with pepper and a little salt to taste and mix well. To serve, distribute quinoa to serving plates or bowls. Top with roasted vegetables and the carrot top gremolata. Enjoy!