



Buddha Bowl with vegan sauce

MAKES:2

PREPARATION TIME:20 minutes

COOK TIME:15 minutes

INGREDIENTS:

- Olio Filippo Berio Bio
- 250 g of tofu
- 10 g of thyme
- 10 g of chopped sage
- 20 g of hot peppers
- 20 g of garlic cut into slices
- 10 g of mint
- 1 red pepper
- 1 yellow pepper
- 7 champignon mushrooms
- 3 carrots
- 200 g of broccoli
- 150 g of red beets
- 100 g of olives
- Salt (to taste)
- Pepper (to taste)

METHOD:

Cut the tofu into slices, place it in a large bowl and add the thyme, sage, sliced hot peppers, garlic and mint, season with plenty of Filippo Berio Bio oil and left to marinate for 2 hours.

COOK'S TIP:

A riot of colours and flavours for a rich and appetising unique dish, a real vegan delight for the eyes and the palate!

Cook it with: **Olio extra vergine di oliva Fruttato**