



Vegan



Easy



30-45 minutes

# Buddha Bowl with vegan sauce

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

SERVES: 2

PREPARATION TIME: 20 minutes

COOKING TIME: 15 minutes

## Ingredients

- Bio Extra Virgin Olive Oil
- 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

1. 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.