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Vietnamese Buddha Bowl

Get authentic Asian flavors and tons of nutrients with this colorful salad. While the dressing is the key to its flavor, each ingredient brings its own impressive nutritional resume. Cabbage contains a large percentage of your daily requirements for vitamins K and C, as well as gut-friendly fiber. Carrots and cucumber will up the volume of nutrients and density of the salad itself, helping you stay full and fueled. The same goes for healthy fat sources like peanuts and avocado! Even if you aren't vegan or vegetarian, you'll discover how delicious tofu can be! Plus, it never hurts to mix up your protein sources.

Prep Time: 15 min. Cook Time: 5 min.

Serving size: 1 bowl

Recipe makes 1 serving

Ingredients

1 tbsp avocado oil
1 packet tofu, cubed
1 cup finely chopped cabbage
1/2 carrot, thinly sliced
1/2 cucumber, cubed
1 avocado, sliced
1/4 cup chopped Thai basil
1/4 cup chopped cilantro
2 tbsp chopped peanuts

Dressing:

1/4 cup fish sauce (or less if you're new to this flavor)
2 tbsp lime juice
1 clove garlic, minced
1 shallot, thinly sliced
1/4 cup chopped mint
1 tbsp honey

Directions

1. Drizzle the avocado oil in a pan and brown the tofu on medium-high heat.

2. Mix the vegetables in a bowl and top with the tofu and slices of avocado.
3. Sprinkle the Thai basil, cilantro, and chopped peanuts on top.
4. Mix all ingredients for the dressing in a small bowl and drizzle over the top of the vegetables, tofu, and avocado.