

## Sweet Potato Buddha Bowls for a Wholesome Meal

Saleha · 05/11/2021



### **Prep Time**

40 minutes

### **Difficulty**

Easy

### **Servings**

4

### **Description**

The warm and delicious Sweet Potato Buddha Bowl has all the fixings you've been looking for. This healthy meal or lunch is packed with grains, vegetables, potatoes and a delicious Tahini dressing. It's affordable, easy and delicious! Welcome to your favorite new recipe with a flavor that's not boring. The Sweet Potato Buddha Bowl is packed with sautéed vegetables with hot potatoes, salsa and a delicious tahini dressing. The dish is extremely versatile, and you'll be able to make a change easily! Check out the step-by-step instructions below for preparing the perfect buddha bowl

### **Ingredients**

- 1 large sweet potato, peeled and cut into cubes
- 1 large red onion, diced
- 3 tbsp. extra-virgin olive oil, divided
- Kosher salt
- Freshly ground black pepper
- 1 lb. boneless, skinless chicken breasts
- 1/2 tsp. garlic powder
- 1/2 tsp. ground ginger
- 1 small clove garlic, minced
- 2 tbsp. creamy peanut butter
- 1/4 c. Juice of 1 lime
- 1 tbsp. low-sodium soy sauce
- 1 tbsp. honey
- 1 tbsp. toasted sesame oil
- 4 c. cooked brown rice
- 1 avocado, thinly sliced
- 2 c. baby spinach

## **Instructions**

1. Preheat oven to 425°. On a large baking sheet, toss sweet potatoes and onion with 1 tablespoon of oil and season with salt and pepper. Bake until tender, 20 to 25 minutes.
2. Meanwhile, in a large skillet over medium- high heat, heat 1 tablespoon of oil. Season chicken with garlic powder, ginger, salt, and pepper. Cook until golden and no longer pink, 8 minutes per side. Let rest 10 minutes, then slice.
3. In a small bowl, whisk together garlic, peanut butter, lime juice, soy sauce, and honey. Whisk in sesame oil and remaining 1 tablespoon olive oil until smooth.
4. Divide rice among four bowls and top each with sweet potato mixture, chicken, avocado, and baby spinach. Sprinkle with cilantro and sesame seeds and drizzle with dressing before serving.
5. 1 tbsp. Freshly chopped cilantro, for garnish
6. 1 tsp. Toasted sesame seeds