



# CRUNCHY SPINACH BITES BUDDHA BOWL

**YIELD:**  
1 portion

**PREP TIME:**  
40 mins

**COOK TIME:**  
20mins

## INGREDIENTS:

5 x Strong Roots Spinach Bites  
Dressed leaf & herb salad  
3 tbsp cooked Spanish grains  
Spiralised carrot & orange salad

3 tbsp Roasted mediterranean vegetables  
6 x baby mozzarella pearls  
5 x thin slices of ciabatta toast

**Roasted mediterranean vegetables**  
(Makes approx. 4 portions)  
1 x courgette  
1 x red pepper  
1 x red onion  
3 x garlic cloves

## METHOD:

1. Fry Strong Roots Spinach Bites for 4 minutes at 175 degrees from frozen
2. For the carrot and orange salad - slice raw carrots with a peeler to make ribbons. Mix orange zest and segments, orange juice, salt, sugar, toss together and allow to soften slightly
3. Toss sliced courgette, diced red pepper, red onion chunks, and garlic cloves with salt, pepper and oil, and roast in the oven for 15 minutes at 200 degrees
4. Thinly slice part baked ciabatta bread, rub with a garlic clove and brush with oil, oven bake until golden and crisp
5. Warm the Spanish grains
6. Plate salad leaves, carrot and orange salad and warmed Spanish grains
7. Add baby mozzarella balls and serve with the ciabatta toasts



WHERE

VEG EXCITEMENT

BEGINS