

Quinoa Bowl with Spicy Mango Sauce



Dive into our original creation: the Quinoa Bowl with its flavorful Spicy Mango Sauce. Let yourself be seduced by the perfect balance between the fluffy texture of quinoa and the spicy kick of mango sauce, for a unique and delightfully exotic culinary experience.

Preparation 20 min

Cooking 35 min

Servings 4

Nutrition Facts (per serving)

Calories 430

Fat 21

Carbohydrates 48

Fibre 15

Protein 19

Sodium 500

Ingredients

- 1 sweet potato, diced
- 15 ml (1 tbsp.) of oil
- 5 ml (1 tsp.) of smoked paprika
- Salt and pepper to taste
- Chopped rapini

- 1 red bell pepper, diced
- 1 clove of garlic, minced
- 500 ml (2 cups) of cooked quinoa
- 2 small avocados, sliced
- 250 ml (1 cup) of lupini beans (or chickpeas)
- 15 ml (1 tbsp.) of sunflower seeds

For the Spicy Mango Sauce

- 1 mango, diced
- 5 to 10 ml (1 to 2 tsp.) of sambal oelek
- 5 ml (1 tsp.) of turmeric
- 15 ml (1 tbsp.) of lemon juice
- 15 ml (1 tbsp.) of freshly grated ginger
- 15 ml (1 tbsp.) of toasted sesame oil
- 10 ml (2 tsp.) of maple syrup
- 30 ml (2 tbsp.) of water
- Salt and pepper to taste

Preparation

1. Preheat the oven to 220°C (425°F).
2. Spread the sweet potatoes on a parchment-lined baking sheet.
3. Add the oil, smoked paprika, salt, and pepper, and mix well.
4. Bake for approximately 35 minutes or until the sweet potatoes are tender.
5. After 15 minutes of cooking, remove from the oven and add the rapini, red bell pepper, and garlic. Drizzle with a little oil and return to the oven.
6. Divide the cooked quinoa into 4 bowls and top with avocado slices, lupini beans, and sunflower seeds.
7. Place all the sauce ingredients in a blender and blend for a minute.
8. Add a little water if the consistency is too thick. Add the roasted sweet potatoes, rapini and bell pepper mixture to the bowls. Garnish with the sauce.

Notes



Gabrielle Simard – Créatrice culinaire
Culinary Creator