

High-Protein Beetroot Medi Bowl

A nourishing beetroot bowl with potatoes, cauliflower, and chickpeas, packed with protein and rich in iron, magnesium, and vitamins. Perfect for a satisfying plant-based meal.

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PREP TIME	COOK TIME	TOTAL TIME
10 minutes	50 minutes	1 hour

Servings 2

Course Main Course

Cuisine Mediterranean-Inspired

Keyword beetroot, cauliflower, chickpeas, chili, Easy Dinner, garlic, gluten-free, High Protein, lemon, maple syrup, Nutrient-Rich, onions, potatoes, pumpkin, scallions (spring onion), tofu, turmeric

Ingredients

- 10.5 oz small potatoes diced into wedges
- 1 tbsp olive oil divided
- 1 large beetroot peeled and diced
- ½ small cauliflower chopped into florets
- 1.5 cups cooked chickpeas divided
- 2 tbsp lemon juice
- 10.5 oz silken tofu
- 1 tbsp maple syrup
- 1 garlic cloves peeled
- 2 scallions finely chopped
- 1 handful fresh dill
- 2 tbsp pumpkin seeds
- 1 tsp black sesame seeds
- 1 pinch freshly cracked black pepper

Spice Mix

- 1 tsp smoked paprika
- 1 tsp ground cumin
- ½ tsp ground turmeric
- ¼ tsp chili powder
- ¼ tsp sea salt flakes

Instructions

1. Preheat the oven to 400 °F with fan assist.
2. **Prepare Spices:** In a small bowl, mix together smoked paprika, cumin, turmeric, chili powder, and salt.
3. **Prepare Potatoes:** Line a large baking tray with parchment paper. Toss the diced potatoes with half of the olive oil and half of the prepared spice mix. Spread the potatoes evenly on the tray and bake on the top rack for 20 minutes.
4. **Prepare Beetroot:** While the potatoes are baking, line a smaller tray with parchment paper. Peel and chop the beetroot into small pieces, then place them on the tray. Bake on the middle rack for 30 minutes. Once done, remove from the oven and allow to cool for 10 minutes.
5. **Bake Chickpeas and Cauliflower:** In the same bowl used for the potatoes, mix 1 cup of chickpeas and the cauliflower florets with the remaining olive oil and spice mix. Add this mixture to the potato tray and return to the oven. Bake for an additional 20 to 25 minutes or until the chickpeas are crispy and the vegetables are golden.
6. **Make the Sauce:** In a high-speed blender, add the roasted beetroot, silken tofu, the remaining ½ cup of chickpeas, lemon juice, maple syrup, garlic, and a pinch of salt and blend until smooth.
7. **Assemble and Serve:** Spoon the sauce into serving bowls. Top with the roasted potatoes, chickpeas, and cauliflower. Garnish with chopped spring onions, fresh dill, pepitas, black sesame seeds, and a dash of freshly cracked black pepper. Enjoy!