

# High-Protein Mediterranean Pesto Bowl

A nourishing and flavorsome Mediterranean dish featuring roasted potatoes, broccoli, and tomatoes paired with a homemade pesto bean dip.

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## PREP TIME

15 minutes

## COOK TIME

45 minutes

## TOTAL TIME

1 hour

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**Servings** 2

**Course** Main Course

**Cuisine** Mediterranean-Inspired

**Keyword** basil, beans, broccoli, Easy Dinner, garlic, High Protein, lemon, nutritional yeast, Nutritious, plant-based, potatoes, soy milk, tomato

## Ingredients

- 600 g potatoes, diced (skin on)
- 1 tsp onion powder
- 1 tsp sumac
- 0.25 tsp sea salt flakes
- 1 tbsp olive oil
- 200 g cherry tomatoes
- 1 broccoli head chopped into florets
- 1 tbsp pine nuts

### Pesto Bean Dip

- 24 g fresh basil packed
- 22 g nutritional yeast
- 268.5 g cooked cannellini beans
- 2 garlic cloves
- 2 tbsp lemon juice
- 1 pinch sea salt flakes
- 78.86 ml soy milk

## Instructions

1. Preheat the oven to 205 °C.

2. Combine potatoes with onion powder, sumac, sea salt flakes, and ½ tbsp olive oil. Bake for 20 minutes.
3. Combine broccoli with ½ tbsp olive oil. Add to potatoes on the baking tray, mix, and add tomatoes. Bake for 20 minutes.
4. Add pine nuts to a small oven-safe dish and bake for 7 minutes.
5. Blend basil, nutritional yeast, beans, garlic, lemon juice, salt, and soy milk until smooth.
6. Layer the dip onto a plate and top with the roasted potatoes, broccoli, and tomatoes. Sprinkle with the toasted pinenuts, and enjoy!

#### **Nutritional Information - Per Serving**

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**Calories** 671kcal | **Carbohydrates** 105g | **Protein** 35g | **Fat** 15g | **Sodium** 469mg | **Fiber** 25g |  
**Vitamin A** 101IU | **Vitamin C** 114mg | **Calcium** 241mg | **Iron** 10mg

*High-Protein Mediterranean Pesto Bowl <https://plantbaes.com/high-protein-mediterranean-pesto-bowl/>*