



Superfood Rainbow Bowl with Manuka Magic Dressing

EASY • 1 HOUR

This stunning Super Food Rainbow Bowl from [@livelovenourishaus](#) features a Manuka Magic Dressing that's out of this world. If you're looking for a fresh and healthy recipe to try, this is it!

Recipe by nutritionist Casey-Lee Lyons, [Live Love Nourish](#), [@livelovenourishaus](#)



SKILL LEVEL
Easy

PREP TIME
15 mins

COOKING TIME
45 mins

SERVINGS
2-4

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Ingredients

RAINBOW BOWL

- ½ cup roasted sweet potato cubes
- 2 wedges roast pumpkin
- ½ cup blanched broccoli florets
- ½ cup shredded kale
- 100g raw zucchini noodles
- Handful cherry tomatoes
- 50g beetroot noodles or fresh beetroot wedges
- ½ cup shredded purple cabbage
- ½ avocado, sliced
- ¼ cup tri-colour quinoa, cooked (or wild rice)
- Pepitas

HONEY ROASTED CHICKPEAS

- 1 cup cooked/canned chickpeas
- 2 tsp extra virgin olive oil
- ½ tsp curry powder
- 3 tsp [Capilano Authentic Manuka Honey](#)
- Sea salt

MANUKA MAGIC DRESSING

- 2 tbsp extra virgin olive oil
- 1 tbsp [Capilano Authentic Manuka Honey](#)
- 150g cooked beetroot
- 2 heaped tbsp coconut yogurt
- 1 small garlic clove, crushed
- Half lemon juiced
- ¼ tsp ground turmeric
- Salt & pepper, to taste

Method

1. Preheat the oven to 180°C (fan-forced). Line a baking tray with baking paper. Drain and rinse chickpeas. Dry well by spreading out on a paper towel and leave to air dry for 30 minutes.
2. While chickpeas dry, prepare dressing. Combine all ingredients in a blender or food processor, pulse until smooth, adjusting the consistency with water to thin (if needed).
3. In a small mixing bowl combine olive oil, curry powder, Capilano Authentic Manuka Honey and sea salt. Add chickpeas and toss to coat.
4. Spread chickpeas onto a lined oven tray and roast for 10-15 minutes or until golden and crispy. Assemble rainbow bowl with filling ingredients then top with chickpeas, pepitas and dressing to serve.
5. Recipe sub: Instead of chickpeas, use tofu, coat in marinade as per recipe, cook on frying pan in olive oil until golden and crisp.

Used in this recipe



Authentic Manuka Honey

Nature's Sweet Superfood

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Made by some of the world's healthiest bees*,
Capilano Manuka honey is naturally rich in
Methylglyoxal (MGO). The higher the MGO, the
more potent the honey's activity.

Delicious Taste

Australia produces some of the most potent,
best tasting Manuka honey in the world due to
our warm climate and diverse number of
Leptospermum (Manuka) varieties. Capilano's
premium, Manuka honey has a rich, smooth,
caramel taste.

Boost your Daily Health Routine

Squeeze the goodness of Capilano Raw and
Unpasteurized Manuka honey into your daily
cup of tea, coffee, smoothies, yogurt or cereal,
or simply enjoy by the spoonful.

*Vella, G. 2016. Issue 215. CSIRO.

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