

BBQ Tofu Belly Bowl

Smoky, savory, and gut-loving, this dish is packed with fiber-rich prebiotic and probiotic ingredients to support digestion and overall health. This nourishing bowl is not only delicious but also loaded with anti-inflammatory goodness, making it a flavorful and functional meal that fuels your body from the inside out.

INGREDIENTS

1 cup quinoa, cooked as per instructions on bag
1 medium sweet potato, small dice
1 block extra firm tofu, drained and cubed
1/3 cup BBQ sauce, Stubb's brand or other
4 large leaves lacinto kale, shredded
1 cup shredded daikon
1 cup pea shoots or micro greens
1 avocado, diced
1/3 cup fermented kraut or kimchi
Oil for cooking
DRESSING
1/3 cup extra virgin olive oil
3 tablespoons white balsamic vinegar
1 lime, juiced
1 teaspoon agave syrup
1 pinch salt

STEP 1

In a small pot, cook the quinoa as per instructions on the bag.

STEP 2

Small dice the sweet potato and spread it evenly on a parchment-lined air fryer basket or baking sheet. Toss with a dash of oil. Air fry at 400°F for 15 minutes or bake at 350°F for 25-30 minutes until tender and lightly browned.

STEP 3

Drain the tofu and pat dry with a paper towel, then cut into 1/2-inch cubes. Lightly oil a large pan and heat over medium. Cook the tofu for 3 minutes to release excess moisture, then add BBQ sauce and cook until golden.

STEP 4

While the quinoa, sweet potatoes, and tofu are cooking, prep vegetables.

STEP 5

To make the dressing, add the olive oil, vinegar, lime juice, agave and salt to a mason jar. Cover and shake until ingredients are well mixed.

STEP 6

To assemble your Belly Bowl, first add quinoa, then sweet potato, tofu, kale, daikon, pea shoots (or micro greens), avocado then top with kraut or kimchi. Finish with the dressing.

SERVES

2

TIME

🕒 30m

SHOPPING LIST

1 cup quinoa
1 medium sweet potato
1 block extra firm tofu
1 jar BBQ sauce, Stubb's brand
1 bunch lacinto kale
1 small daikon
1 container pea shoots or micro greens
1 avocado
1 jar fermented kraut or kimchi
1 bottle extra virgin olive oil
1 bottle white balsamic vinegar
1 lime
1 bottle agave syrup
salt

EQUIPMENT

Small pot with cover
Air fryer basket or baking sheet
Parchment paper
Sauté pan

STORAGE

Eat immediately for maximum freshness or you can pre-make ingredients and store in fridge for 1-2 days.