

High-Protein Vegan Bowl

A balanced, protein-packed vegan bowl with crispy baked tofu, fluffy quinoa, roasted chickpeas, and a creamy tahini-lemon dressing.

Servings	Active Time	Total Time
2	20 minutes	40 minutes

Ingredients

- 14 oz extra-firm tofu, pressed and cubed
- 1 cup cooked chickpeas, drained and rinsed
- 3/4 cup quinoa, rinsed
- 1 1/2 cups vegetable broth or water (for cooking quinoa)
- 2 tbsp soy sauce or tamari, divided
- 3 tbsp olive oil, divided
- 1 tbsp cornstarch
- 1 tsp smoked paprika
- 1/2 tsp garlic powder
- 1 tsp cumin
- 2 cups baby spinach or chopped kale
- 1 cup shredded red cabbage or carrot
- 1/2 avocado, sliced
- 2 tbsp hemp seeds or pumpkin seeds
- 3 tbsp tahini
- 2 tbsp lemon juice
- 1 tsp maple syrup
- 1 garlic clove, minced
- 3 tbsp warm water, plus more to thin
- 1/2 tsp salt, plus more to taste

Instructions

- Preheat oven**
Preheat the oven to 400°F (200°C) and line a large baking sheet with parchment paper.
- Cook the quinoa**
In a medium pot, combine the quinoa and vegetable broth. Bring to a boil, then reduce heat to low, cover, and simmer for about 15 minutes, until the liquid is absorbed and quinoa is fluffy.
- Coat the tofu**
In a bowl, toss the tofu with 1 tbsp soy sauce, 1 tbsp olive oil, and cornstarch until evenly coated. Spread on one side of the prepared baking sheet.
- Season the chickpeas**

In the same bowl, toss the chickpeas with 1 tbsp olive oil, smoked paprika, garlic powder, and cumin. Spread on the other side of the baking sheet.

5. **Roast tofu and chickpeas**

Roast the tofu and chickpeas together for about 25 minutes, flipping once halfway through, until the tofu is golden and crisp and the chickpeas are crunchy.

6. **Make the tahini dressing**

While everything roasts, whisk together the tahini, lemon juice, maple syrup, garlic, warm water, and salt in a small bowl until smooth and pourable, adding more water 1 tsp at a time if too thick.

7. **Assemble the bowls**

Divide the spinach and cabbage between two bowls. Top with the cooked quinoa, roasted tofu, roasted chickpeas, and avocado.

8. **Dress and finish**

Drizzle generously with the tahini dressing and sprinkle with hemp seeds. Toss lightly or serve as is and enjoy.

Notes

Meal-prep friendly: store tofu, chickpeas, quinoa, and dressing in separate containers for up to 4 days and assemble fresh.

Swap tofu for tempeh or edamame for a different protein base, or add both for an extra protein boost.