

# Japanese Buddha Bowl

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/kale-japanese-curry-recipe>

## Ingredients:

- 4 cooked brown rice x cups
- 400 grams edamame beans
- 2 cabbage x cups Grated
- furikake
- 250 grams tofu cubed
- 2 cloves garlic minced
- 1 ginger thumb size piece, minced
- 4 tablespoons tamari
- 1 teaspoon sesame oil
- 1 teaspoon mirin
- 1 pinch white pepper
- 4 cups cubed pumpkin
- coconut oil
- 1 tablespoon miso
- salt
- pepper
- 1 sunflower seeds x cup
- 1/2 cup sesame seeds
- 1/2 cup nori sheets broken into small pieces
- 1/4 cup dulce flakes
- 1 tablespoon chilli flakes
- 1 pinch salt and Pepper
- 1 bunch kale stems and stalks removed and chop.
- 1/2 bag baby spinach
- 1 tablespoon coconut oil
- 1 red chilli finely sliced
- 2 tablespoons tamari