

# Vegan Quinoa Power Bowl with Roasted Veggies, Spiced Chickpeas, and Tahini Lemon Sauce

Prep: 30 minutes • Cook: 35 minutes

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*A vibrant, nourishing bowl where fluffy quinoa meets caramelized roasted vegetables and warmly spiced chickpeas, finished with a silky lemon-tahini drizzle. Fresh herbs and sesame add brightness and crunch for a balanced, satisfying bite.*

## Ingredients

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- 2/3 cup quinoa (dry)
- 1 cup water
- 1 cup cauliflower (florets)
- 1 cup broccoli (florets)
- 1 cup mushrooms (cut into quarters)
- 1 cup cherry tomatoes
- 3 tbsp olive oil
- 1/2 tsp sea salt
- 1/4 tsp ground pepper
- 1 cup chickpeas (cooked)
- 1 tbsp olive oil
- 1/2 tsp cumin
- 1/2 tsp paprika
- 1/4 tsp sea salt
- 1/4 tsp ground pepper
- 1/4 cup tahini
- 1/3 cup water
- 1 1/2 tbsp lemon juice
- 1 small clove garlic (minced)
- 1/4 tsp sea salt
- 1/8 tsp ground pepper
- 2 tbsp parsley (chopped)
- 2 tsp sesame seeds

## Instructions

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1. Quinoa: In a small saucepan, bring 1 cup water to a boil. Add the quinoa and stir. Reduce the heat, cover with a lid, and simmer for 15 minutes.
2. Roasted Veggies: Preheat oven to 400°F. Place cauliflower, broccoli, mushrooms, and cherry tomatoes on a baking sheet, drizzle with olive oil, sprinkle with salt and pepper, and bake for 30 minutes.
3. Spiced Chickpeas: Heat a medium pan over medium heat. Add oil and warm it through. Add chickpeas, cumin, paprika, salt, and pepper; mix well. Sear on medium-high heat for 5 minutes, stirring so it doesn't burn.
4. Tahini Lemon Sauce: Blend or whisk tahini, water, lemon juice, garlic, salt, and pepper until creamy.
5. To assemble: In two bowls, layer quinoa, roasted vegetables, spiced chickpeas, parsley, sesame seeds, and tahini-lemon sauce.

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**Tags: Vegan, Gluten Free, Nut Free, Quinoa, Bowl, Tahini**

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