

Greek Buddha Bowl

Category: Lunch

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Prep Time: 15 min

Cook Time: 25 min

Total Time: 40 min

Servings: 4

Difficulty: Easy

Calories: 420

Excerpt

Greek Buddha Bowl made simple with pantry staples. Quick steps, bold flavor, and easy cleanup for busy days.

Ingredients

- 1 tbsp olive oil
- 2 cups main ingredient of choice
- 1 tsp garlic powder
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1 cup light sauce or broth

Instructions

1. Prep: Gather ingredients, preheat equipment as needed, and prep all components.
2. Cook base: Heat oil over medium heat and build flavor with aromatics and seasoning.
3. Combine: Add main ingredients and sauce, then cook until tender and well coated.
4. Finish: Taste, adjust seasoning, and finish with herbs or citrus for brightness.
5. Serve: Plate warm and serve immediately with optional side dishes.

Tips

- Flavor boost: Add a splash of acid at the end to brighten the overall taste.
- Meal prep: Store portions in airtight containers for up to 3 days in the refrigerator.

FAQs

- Can I make Greek Buddha Bowl ahead?

Yes. Cook fully, cool, and refrigerate. Reheat gently before serving.

- Can I freeze leftovers?

Yes, freeze in sealed containers for up to 2 months.

Notes

Why You Will Love This Greek Buddha Bowl

This recipe is designed to be practical, flavorful, and approachable for all skill levels. It works for weeknights, meal prep, and family dinners with minimal cleanup.

Ingredient Notes

- Main ingredient: choose fresh, high-quality options for best flavor.
- Seasoning: keep it balanced with salt, pepper, and aromatic spices.
- Sauce: a simple broth or light sauce keeps everything moist and delicious.

How to Make It

Follow the step-by-step instructions and taste as you go. Control heat and timing to avoid overcooking.

Serving Ideas

- Pair with rice, potatoes, or roasted vegetables.
- Add a crisp salad for balance.
- Top with herbs for freshness.

Storage and Reheating

Cool leftovers, store in airtight containers, and reheat gently over low heat.