



# Roasted Vegetable Bowls with Green Tahini

Roasted Vegetable Bowls! Crispy tender roasted veggies, buttery avocado, all together in a bowl with a drizzle of green tahini sauce.

Active Time  
20 mins

Total Time  
20 mins

Yield  
Serves 2

Created by [Seema](#)  
Recipes



## How to Make It

- 1. STEP**  
Preheat the oven to 425 degrees.
- 2. STEP**  
Arrange your vegetables onto a few baking sheets lined with parchment (I keep each vegetable in its own little section). Toss with olive oil and salt. Roast for 25-30 minutes.
- 3. STEP**  
While the veggies are roasting, blitz up your sauce in the food processor or blender.
- 4. STEP**  
Voila! Portion and save for the week! Serve with avocado or hard boiled eggs or... anything else that would make your lunch life amazing.

## Comments

**Ritu Aggarwal**  
12 days ago  
★★★★☆  
Best recipe website for making yummy and good food in home .

**Sheetal Mitha**  
2 days ago  
Awesome and easy recipe methods for cooking something new at home.

## Ingredients

- 8 large carrots, peeled and chopped
- 3 golden potatoes, chopped
- 1 head of broccoli, cut into florets
- 1 head of cauliflower, cut into florets
- olive oil and salt
- 1/2 cup olive oil (mild tasting)
- 1/2 cup water
- 1/4 cup tahini
- clove garlic
- squeeze of half a lemon (about 2 tablespoons)
- 1/2 teaspoon salt (more to taste)
- hard boiled eggs (or other protein)
- 3 avocados

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Vegetable Bowl



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