

A close-up photograph of a vibrant, healthy meal served in a light blue ceramic bowl. The dish is a protein bowl featuring a base of cooked quinoa and chickpeas. It is topped with fresh ingredients: sliced red and yellow bell peppers, chunks of red tomatoes, and finely chopped green herbs like cilantro. The bowl is presented on a light-colored, textured surface, possibly a tablecloth. A white rectangular banner with red text is overlaid in the center of the image.

BELL PEPPER PROTEIN BOWL

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Prep time: 20 Minutes

Cook time: N/A

Servings: 4 People

INGREDIENTS:

2 Tomatoes on the Vine, halved and quartered

1 Yellow Bell Pepper, chopped

1 Orange Bell Pepper, chopped

2 cups lentils, rinsed and drained

2 cups parsley

4 garlic cloves

1 tsp. chili flakes

2 tbsp. olive oil

3 tbsp. white balsamic vinegar

4 tbsp. hemp hearts

Sea Salt & Pepper to taste

DIRECTIONS:

Add garlic, olive oil, vinegar, sea salt & pepper to a food processor; puree.

Add all ingredients except hemp hearts into a large mixing bowl, mix well and let marinate for 1 to 20 minutes.

Adjust seasoning according to preference. Arrange on a serving platter & garnish with hemp hearts. Enjoy.

CHEF'S TIP:

For meat lovers, chicken makes a great addition to this meal.