**Buddha Bowl With Flank Steak and Cashew Sauce**

### Ingredients:

* 1 tablespoon sesame oil
* 1 teaspoon sesame seeds
* 1 teaspoon garlic, minced
* 1 cup barley, cooked (or quinoa for gluten-free)
* 1 cup carrot shavings
* 4–5 broccolini stalks
* ½ cup lentils, cooked
* 1 cup sweet potatoes, chopped
* 1 cup spinach
* ½ pound flank steak, thinly sliced
* 2 eggs, poached
* 2 tablespoons sprouts
* ¼ cup red cabbage
* 1 teaspoon sea salt
* 1 teaspoon pepper
* **Cashew sauce:**
* ¼ cup cashew butter
* 1 tablespoon curry paste
* ¼ cup full-fat canned coconut milk
* 4 tablespoons coconut aminos

### Directions:

1. Preheat oven to 400 degrees F.
2. Place sweet potatoes and broccolini on a baking sheet.
3. Coat evenly with avocado oil, salt and pepper.
4. Bake for 20 minutes.
5. In a pan over medium heat, combine sesame oil, garlic, beef and sesame seeds.
6. Cook until desired color is achieved, about 8–10 minutes.
7. In a small bowl, combine all cashew sauce ingredients and stir until well-combined.
8. Layer all ingredients divided evenly between 2–4 bowls for serving.
9. Top with cashew sauce.