

Savoury breakfast bowl



DYNAMIX
HEALTH & FITNESS

30g quinoa, rinsed
2 eggs
a large handful of kale, roughly
chopped
30g fresh spinach leaves
40g ripe avocado
juice of ½ a lime
50g cucumber, diced
20g sun-dried tomatoes, drained
of oil and roughly chopped
for the miso sauce:
3 tsps toasted sesame oil or
olive oil
2 tsps rice wine vinegar
a small pinch of sea salt
¾ tsp white miso paste
½ tsp honey, stevia or maple syrup
¼ tsp cayenne pepper
1 tsp fresh ginger, grated

SERVES 1



PER SERVING:
435 Calories
27g Carbs
21g Protein
27g Fat

Bring two small saucepans of water to the boil. Place the quinoa in one saucepan and cook according to packet instructions. Drain well.

While the quinoa is cooking, place the eggs in the other saucepan and cook for 7 minutes for soft boiled or 9 minutes for hard boiled. Immerse the eggs in cold water for 3-4 minutes, then peel and slice in half.

Mix the miso sauce ingredients in a jug and set aside.

Steam the kale for 4 minutes or until tender. Steam the spinach for 2-3 minutes, until wilted. Transfer the steamed vegetables to a serving bowl. Add the cooked quinoa and eggs.

Slice the avocado and add to the serving bowl. Drizzle the lime juice over the avocado. Add the cucumber and sun-dried tomatoes.

Drizzle around one third of the miso sauce over the top and serve.

Store any remaining miso sauce in a jug and refrigerate for up to 2 days.

