

Egg Buddha Bowls



Preparation time: 35 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Dinner Recipes, Lunch Recipes, Vegetarian



Ingredients

- 600g piece pumpkin, deseeded, peeled, cut into 2cm cubes
- Olive oil cooking spray
- 1 small red onion, thinly sliced
- 1/4 cup white wine vinegar
- 3 cups water
- 1 cup quinoa
- 1 bunch broccolini, trimmed
- 4 eggs

- 1 large carrot, finely shredded
- 1 large red beetroot, peeled, grated
- 1 large avocado, sliced

Dressing

- 1/3 cup vegetable oil
- 2 tbsp rice wine vinegar
- 2 tsp sesame oil
- 2 tsp honey
- 1/2-1 tsp wasabi

Method

1. Preheat oven to 200C. Line a baking trays with baking paper. Spread pumpkin onto tray and spray with olive oil. Season with salt and pepper. Roast pumpkin for 20 minutes or until tender. Cool.
2. Place onion and vinegar into a bowl and stand for 20 minutes. Drain well.
3. Put 3 cups water into a saucepan and bring to the boil. Add quinoa, cover and reduce heat to medium low. Simmer for 10-15 minutes or until quinoa is tender. Drain and rinse under cold water. Drain well.
4. Bring a medium saucepan of water to the boil. Add broccolini and cook for 1 minute or until just tender. Remove with tongs. Return water to the boil. Add eggs and cook for 7 minutes. Drain.
5. To make dressing, whisk oil, vinegar, sesame oil, honey and wasabi in a jug. Season with salt and white pepper.
6. Spoon quinoa into shallow bowls. Add pumpkin, red onion, broccolini, carrot, beetroot and avocado. Drizzle dressing over bowl. Peel eggs, cut in half and place on top of bowls. Serve.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre	Vitamin D
658g	2850kJ 681kcal	20g	44g	6.9g	45.2g	18.4g	174mg	12g	3.4µg

All nutrition values are per serve.