

Green Brekkie Bowl with Quinoa, Hot Smoked Salmon & Poached Eggs



Serves: 2 people

User Rating: ★★★★★

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Ingredients

- 0.5 cup quinoa
- 6 Brussels sprouts
- 120g broccoli, cut into florets
- 1 tbsp extra virgin olive oil
- 1 small zucchini, halved lengthways and then sliced
- 2 cups baby spinach
- 2 large eggs
- 1 fillet (140g) hot smoked salmon
- 2 tsp pepitas
- 2 wedges lemon

Method

1. Place the quinoa in a sieve and rinse well under the cold water tap. Tip into a saucepan and add one cup of water. Place pan uncovered on the stovetop and bring to a simmer. Cook until all of the water has just been absorbed (about 10 minutes) and then turn off the heat and cover with the lid. The steam will finish the cooking in about 5 minutes giving you perfect quinoa. (Alternatively use a grain cooker).
2. Meanwhile, quarter the Brussels sprouts and place in a glass bowl with a splash of water. Microwave for 2 minutes. Add the broccoli florets to the bowl and microwave for a further 2 minutes.
3. Heat a large frying pan and drizzle with the extra virgin olive oil. Add the zucchini and sauté for a couple of minutes. Add the microwaved veggies to the pan and sauté for a further 2-3 minutes until browning slightly. Add the spinach, toss to combine and push the veggie mix to one side of the pan.
4. Crack the eggs into the cleared side of the pan and fry for a few minutes. Pop on the lid for a minute to allow the steam to cook the eggs to your liking.
5. Spoon the cooked veggies onto two plates, scatter with the quinoa and flake over the hot smoked salmon. Top each plate with an egg and garnish with the pepitas and a wedge of lemon on the side. Serve immediately.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre	Vitamin D
400g	2255kJ 539kcal	37g	26g	5g	32g	6g	876mg	12g	11µg

All nutrition values are per serve.