

Winter Nourish Bowl with Roast Veggies and Eggs



Preparation time:	26 mins
Serves:	4 people
User Rating:	★★★★★

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Need a quick and easy way to fuel your day? Nourish bowls (a.k.a Buddha bowls or macro bowls) are packed to the brim with balanced, nutrient-dense foods (like eggs), along with healthy fats and quality proteins. In this particular recipe, roast veggies take centre stage atop a bed of brown rice and quinoa. See all the steps below.



Ingredients

- 2 Tbsp olive oil
- 4 large eggs
- 450g packet of Microwavable brown rice and quinoa
- 6 cups leftover roast veggies (e.g. roast pumpkin, sweet potato, carrot, zucchini, onions)
- 100g baby spinach leaves
- 125g cherry tomatoes, halved
- 1 cup red sauerkraut (see notes below)
- 1 avocado, quartered
- 4 baby qukes
- ½ cup unsalted roasted almonds, chopped

Dressing

- ½ cup Greek yoghurt
- 1 Tbsp fat-free mayonnaise
- 1 small clove garlic, crushed
- 1 Tbsp Dijon mustard
- 2 tsp apple cider vinegar
- 2 Tbsp water

Method

1. Heat oil in a large, non-stick frying pan over a medium heat. Crack eggs into pan, either loose or in a greased silicone egg ring and cook until done to your liking.
 1. Or, hard boil in a pan of simmering water for 6 minutes for medium softness. Cool and peel. Remove and set aside. ([How to Get Perfect Medium Boiled Eggs](#))
2. Microwave rice according to packet instructions. Tip into a bowl and separate grains with a fork. Allow to cool.
3. To make dressing; combine all ingredients in a bowl and whisk until smooth.
4. Arrange rice in four bowls. Arrange roast vegetables in bowls with spinach, tomatoes, sauerkraut and avocado. Use a vegetable peeler to slice cucumbers into ribbons. Place in bowl.
5. Top with egg. Drizzle with dressing and sprinkle with almonds. Serve.

Notes

- Leftover roast veggies can be chopped to size. Freshen and warm up cold vegetables in a frying pan after cooking eggs.
- We used Bryne Co Sauerkraut with Beet & Apple. Available at most supermarkets.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
620g	3440kJ 822kcal	23.7g	45.9g	8.7g	73.3g	22.9g	481mg	14.5g
Vitamin D								
4.1µg								

All nutrition values are per serve.