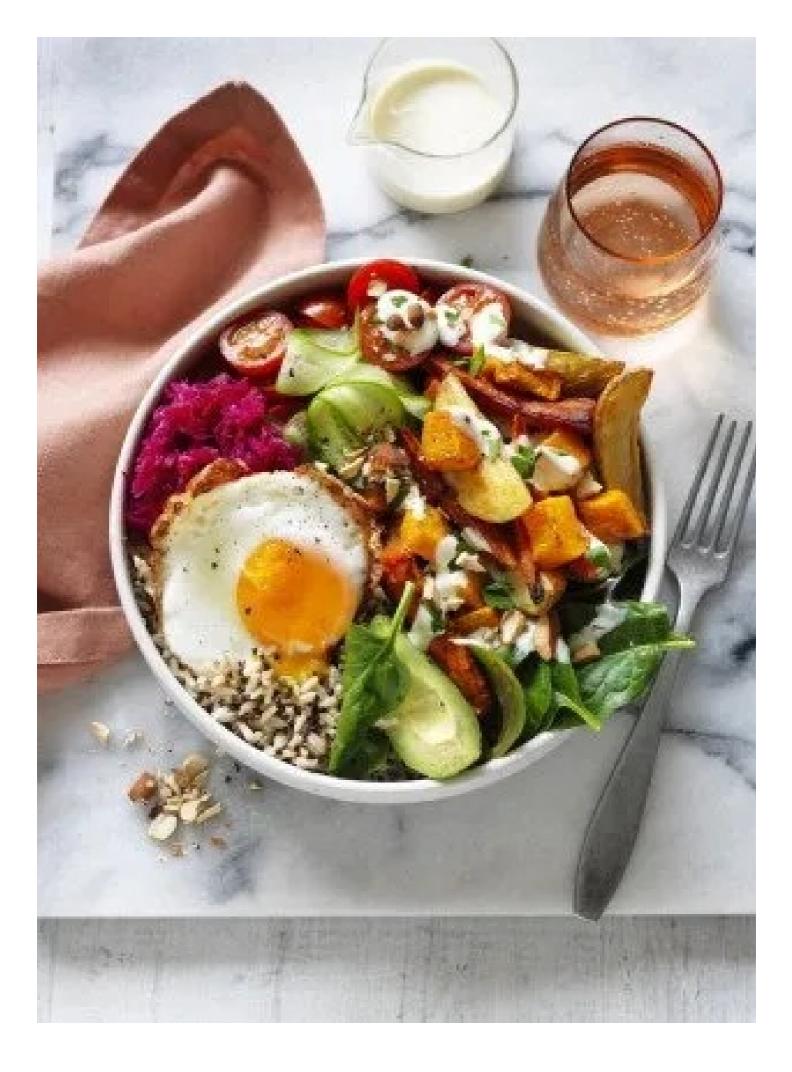
Winter Nourish Bowl with Roast Veggies and Eggs



Preparation time:	26 mins
Serves:	4 people
User Rating:	****
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Categories:	Quick & Easy, Dinner Recipes, Lunch Recipes, Vegetarian

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
- ¹/₂ cup unsalted roasted almonds, chopped

Dressing

- 1/2 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



All nutrition values are per serve.