

Green Goodness Bowl



Preparation time: 40 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Lunch Recipes

Veggie power for the win!

The Green Goodness Bowl combines all the best ingredients under the sun, creating a dish that is packed with flavour and healthy whole foods.

Grab the full recipe below.



Ingredients

Yoghurt Dressing

- ½ cup mint, tightly packed
- 1 clove garlic

- ¾ cup (185 ml) plain Greek yoghurt
- 3 tablespoons lemon juice
- Salt and pepper to taste

Bowl

- 6 eggs
- 2 bunches broccolini, trimmed and sliced in half lengthways
- 1 tablespoon olive oil
- Salt and pepper
- 3 x 250g sachets microwave brown rice and quinoa
- 60g baby spinach leaves or salad sprouts
- 1 large avocado, cut into quarters
- ¾ cup (135g) edamame
- 6 red radishes, shredded
- Sliced pickled cucumbers
- Fermented kraut (optional)
- Tamari almonds, chopped to garnish (optional)

Method

Yoghurt Dressing

1. Combine yoghurt dressing ingredients and mix well. Season with salt and pepper.

Bowl

1. Carefully place eggs in a pan of boiling water for 5-6 minutes for medium eggs. Refresh in cold water.
2. Heat a char-grill pan over medium-high heat. Toss broccolini with oil and season with salt and pepper. Grill 3-4 minutes, turning over halfway. Transfer to a plate and set aside.
3. Follow packet instructions to cook brown rice and quinoa sachets. Spoon into 4 bowls.
4. Divide the salad greens, avocado, edamame, radish, pickled cucumbers and kraut into bowls.
5. Peel and halve eggs, top each bowl with 3 halves. Drizzle over yoghurt dressing and almonds. Serve immediately.

Notes

- To pickle your own cucumbers, combine 3 tablespoons apple cider vinegar, 2 teaspoons sugar, 1 teaspoon salt and 6 sliced baby cucumbers. Mix well and set aside to pickle for 30 minutes.
- Yoghurt dressing will keep up to 7 days in the fridge.
- Use any seasonal greens. Replace broccolini with asparagus or green beans.
- Swap out the brown rice and quinoa for shredded red and green cabbage.
- Alternatively, cook 1 cup of brown rice and quinoa mix according to packet instructions. Rinse and drain and spoon into the base of bowls.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Vitamin D
761g	3660kJ 875kcal	40.7g	37.3g	10g	87.7g	10g	344mg	6.2µg

All nutrition values are per serve.