



Recipe name:

Loaded Poke bowl

Recipe description:

A low-calorie lunch that's easy to prepare, rich in protein, and bolstered by healthy fats. A low-calorie lunch that's easy to prepare, rich in protein, and bolstered by healthy fats.

This poké bowl is low on calories, easy to prepare, rich in protein, and bolstered by healthy fats. The apple cider vinegar dressing provides polyphenols, detox benefits, and blood sugar balance. Using a mix of vegetables, condiments, proteins, seeds, fruits, and spicy PEPPADEW® Red Piquanté Peppers, this is a quick and healthy lunch that you want to make over and over again.

Prep Time

15 minutes

Cook Time

20 minutes

Serves:

2

Made with:

PEPPADEW® Sweet Piquanté Peppers

Course:

Brunch / Lunch / Side

Occasion:

Quick & Easy

Ingredients:

- 2x organic/free-range eggs, at room temperature
- 2x bowls of iced water
- 200g long-stem broccoli, ends trimmed and chopped
- 2tbsp of rapeseed oil
- ½ cucumber
- 1tbsp honey or maple syrup
- 1x small shallot, finely chopped
- 2tbsp of apple cider vinegar
- 5-6 PEPPADEW® Red Piquanté Peppers (per poké bowl), whole
- 1tbsp Dijon mustard
- ½ small cabbage, shredded
- 100g baby spinach
- 1½ ripe avocado, sliced
- White sesame seeds
- 4x spring onions, sliced
- 1tbsp pumpkin seeds
- Sea salt and freshly ground pepper, to taste

Method:

1. Prepare a bowl of iced water. Bring a pan of water to the boil. Add the eggs and cook for 6 minutes so that the whites have set but the yolks are still runny.
2. Carefully remove the eggs and briefly hold them under cold running water before adding them to a bowl of iced water. Once they're cool enough to handle, peel them, cut them in half, then set aside.
3. Prepare a fresh bowl of iced water. Steam the broccoli for 5-6 minutes, then remove and add to the iced water. Leave for a few minutes then remove the broccoli to a paper towel to dry.
4. Prepare the dressing by combining the rapeseed oil, apple cider vinegar, Dijon mustard and honey (or maple syrup), whisk together, and season with salt and pepper to taste.
5. Bring the poké bowl together by adding baby spinach, shaved red cabbage, diced cucumber, sliced shallots, broccoli stems, sliced spring onions and the PEPPADEW® Red Piquanté Peppers.
6. Peel the ripe avocado and remove the skin. Sprinkle with white sesame seeds. Add the avocado to the poké bowl, two of the halved eggs then garnish with pumpkin seeds.
7. Pour the dressing over the poké bowl and enjoy.