

Mediterranean Poké Bowl

The superfood trend Poké Bowl is a quick-to-prepare bowl dish that is complemented with fresh ingredients.

The base is rice, quinoa or couscous, followed by cooked or raw vegetables like peppers, broccoli and fresh avocados. Then add a crunchy topping, like toasted almonds, and with a few drizzles of our Mediterranean sauce, the healthy fast food is ready.

Preparation time: 15 min. · Level of difficulty: easy

Quantity

Ingredients for 1 person.

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For the sauce:

- 1 cup Extra virgin olive oil D.O.
 - 1 tbsp Basil
 - 1 tbsp Parsley (fresh or dried)
 - 1 tbsp Mint
 - 1 tbsp Coriander
 - 2 piece Garlic cloves
 - 1 tsp Sweet paprika powder
 - 2 tbsp Fresh lemon juice
 - 1 pinch Grated zest of a natural lemon
 - 1 pinch Salt and sugar
- Rice, vegetables, topping of choice:
- 1 piece Avocado
 - 1 tbsp Roasted almonds

Preparation

Cook rice, quinoa or couscous (also for 4-5 meals in advance for a quick lunch).

Pre-cook the vegetables or add them fresh to the bowl. Suitable additions are: corn, mushrooms, radishes, peppers, grated carrots, but of course also sprouts, cress and parsley. Some chicken or cooked prawns add protein to the bowl.

Slice the avocado and place it decoratively over the vegetables.

Pour a generous amount of the Mediterranean sauce over everything. Top with the crunchy topping: roasted almonds. Especially delicious if the almonds are rolled in black olive or herb sea salt beforehand.

A tasteful symbiosis of sweet and salty.