

Vegan Poke Bowl

This recipe, thanks to the combination of grains and legumes, is a complete plant-based protein source providing ALL of the nine essential amino acids.

🕒 Preparation 30 minutes 1 portion

Ingredients

or	or
10 grams of pumpkin seeds	40 grams of squash, butternut, baked
or	or
80 grams of peas, green, cooked, boiled, drained, without salt	50 grams of asparagus, cooked, boiled, drained
or	or
1 tablespoon of oil, olive (11 g)	100 grams of broccoli raab, raw
or	or
5 grams of lemon juice, fresh	50 grams of carrots, raw
or	or
1 sprig of mint, fresh (1 g)	50 grams of avocado, Hass, flesh only
or	or
150 grams of rice, brown, medium-grain, cooked	1 tsp of soy sauce made from soy and wheat (shoyu), low sodium (5 g)

Cooking method

1

Preheat the oven at 200 degrees.

2

Boil the brown rice in water with a pinch of salt according to package instructions. It should be ready in around 20 min. Once ready drain, add half a tablespoon of olive oil and place in a bowl.

3

Place the butternut squash, carrots and broccoli in a baking tray. Add the remaining olive oil and soy sauce and roast in the oven for 15 min until soft. Once ready set aside.

4

Boil the asparagus and green peas in 2 separate pots of lightly salted boiling water. The asparagus should be ready in 5 min, whilst the peas should take 10 min. Once they are ready drain them and set aside. Cut the asparagus and use the tips only. Once the peas are ready add the min sprigs to them for flavor and set aside.

5

Once all the ingredients are ready start assembling your bowl: use the rice you set aside and add the roasted broccoli, squash and carrots on one side, the follow with the asparagus tips and green peas. Leave a space in the center of your poke bowl to add the avocado cut in pieces lengthwise.

6

Add the lemon juice and sprinkle the pumpkin seeds on top. Enjoy!