



## Green Byodo Bowl

Hearty quinoa, roasted asparagus and a dressing made from pomegranate balsamic and linseed oil – the concentrated green power in one bowl!

### Zutaten

2 Portionen

Byodo Bowl

100 g Quinoa, colorful

4 Bars Asparagus, green (or seasonal, e.g. broccoli)

1 EL Byodo Roast Olive Mediterranean

Byodo sea salt, fine

Pepper

1 Pinch Sugar

20 g Kernels, mixed

0.5 Avocado

0.3 Zucchini

1 Mini cucumber

0.25 Paprika, green

green salad

Dressing

4 EL Byodo Pomegranate Balsam

6 EL Byodo linseed oil, virgin

Byodo sea salt, fine

Pepper

### Zubereitung

Place the quinoa in a fine sieve and rinse thoroughly under lukewarm water. Bring 300 ml of salted water or vegetable stock to the boil and simmer the quinoa in it for 15 minutes over a medium heat. Then strain off the excess water and leave the quinoa to cool.

Wash the asparagus and trim the woody ends. Peel the lower third if necessary and cut the asparagus into pieces. Heat some frying olive in a pan and cook the asparagus in the pan. Season with salt, pepper and a pinch of sugar.

Roast the mixed seeds in a pan without oil until golden brown.

Put the ingredients for the dressing in a screw-top jar and shake vigorously.

Wash, clean and chop the remaining vegetables. Arrange everything together in a bowl and drizzle with the dressing just before serving.