byodo
bio vom feinsten

Shrimp Hummus Bowl

This shrimp bowl with creamy hummus, basmati rice, fresh vegetables, and Byodo Omega Black Cumin Oil is a well-balanced recipe for lunch or dinner. Fruity pineapple, creamy avocado, and spicy shrimp make for a varied bowl full of flavor.

Zutaten
2 Portionen

Hummus
1 Can Chickpeas (130 g drained weight)
1 EL Tahini
2 TL Byodo mango balsamic mustard
0.25 TL Cumin
0.25 TL Byodo Organic Sea Salt, Fine
0.5 Garlic clove
1 TL Lemon juice
3 EL Water, ice-cold
Bowl
120 g Basmati rice
100 g Cucumber
100 g Fennel
0.5 Avocado
160 g Pineapple, fresh
12 Jumbo Shrimp (Size 16/20)
4 EL Byodo Roast Olive Mediterranean
Byodo Organic Sea Salt, Fine
Pepper, freshly ground
Byodo Omega Black Cumin Oil
Sprouts

Chili flakes

Zubereitung

Hummus

To make the hummus, place the chickpeas in a tall container along with the tahini, mustard, cumin, salt, garlic, lemon juice, and ice-cold water, and purée with an immersion blender until creamy.

Bowl

Cook the basmati rice according to the package instructions or in a rice cooker. Meanwhile, cut the cucumber, fennel, pineapple, and avocado into bite-sized pieces. Peel, devein, and wash the shrimp, then pat them dry. Heat the cooking olive oil in a skillet and sauté the shrimp for 3–4 minutes, turning to brown on all sides. Season with salt and pepper.

Arrange the cooked rice in a bowl along with the cucumber, fennel, pineapple, and avocado. Arrange the shrimp on top and serve the hummus in a small bowl or directly in the main bowl. Finally, drizzle everything with Byodo Omega Black Cumin Oil and garnish with sprouts and chili flakes as desired.

The remaining hummus will keep in the refrigerator for up to 3 days if stored in an airtight container and is perfect as a spread or dip.