byodo
bio vom feinsten



Vegan winter bowl

This delicious vegan bowl is a real power pack! A combination of wonderfully fresh ingredients and a delicately spicy dressing.

Zutaten
4 Portionen

1 Sweet potato
150 g Chickpeas
100 g Quinoa
50 g fresh sprouts
100 g Cherry tomatoes
80 g Lamb's lettuce
4 EL Pomegranate seeds
20 g Walnut kernels
Dressing
5 EL Byodo herbal vinegar
4 EL Byodo rapeseed oil, virgin
4 EL Agave syrup
2 EL Parsley, chopped
Byodo sea salt
Pepper

Zubereitung

Peel and dice the sweet potato and boil in lightly salted water for approx. 8-10 minutes until soft.

Drain the water and leave the sweet potatoes to cool.

Boil the quinoa in lightly salted water and leave to soak. Drain the water and leave the quinoa to cool.

Divide the lamb’s lettuce and sweet potatoes between two bowls, wash and add the chickpeas. Cut the cherry tomatoes into small pieces and add to the bowl with the sprouts. Scatter the walnut kernels, parsley and pomegranate seeds on top.

For the dressing, mix the Byodo herb vinegar, Byodo rapeseed oil, agave syrup, salt and pepper and pour over the bowls.