



## Wild Rice Pomegranate Bowl

Discover our exquisite wild rice bowl – a feast for your senses

### Zutaten

4 Portionen

#### Ingredients Wild Rice Bowl:

160 g Natural and wild rice  
100 g Lamb's lettuce  
2 Mini cucumber  
2 Avocados  
200 g Red cabbage  
7 EL Byodo Condimento Bianco  
6 EL Byodo extra virgin olive oil, from Greece  
1 EL Honey  
0.5 TL Byodo organic sea salt  
1 Pinch Pepper  
300 g Tofu, smoked  
Byodo Roast Olive Mediterranean  
200 g Edamame  
Beet sprouts or other

#### Ingredients Cream cheese dip:

3 Handles Mint, fresh  
2 Spring onions  
Jalapeno, fresh  
200 g Cream cheese  
8 EL Byodo pomegranate balm  
Zest of a lime  
Byodo organic sea salt

Pepper  
4 EL Pomegranate seeds  
2 EL Byodo extra virgin olive oil, from Greece

## Zubereitung

Wild rice bowl: Wash the rice and cook in salted water according to the packet instructions for approx. 30 minutes.

Clean, wash and spin dry the lamb's lettuce.

Slice the mini cucumbers and avocados, shred the red cabbage.

Whisk together the Condimento Bianco, olive oil, honey, salt and pepper.

Pour a good half of the vinaigrette over the red cabbage and marinate for 10 minutes.

Pour the rest of the vinaigrette over the lamb's lettuce.

Cut the tofu into thin slices and fry in the pan in a little frying oil until golden brown.

At the same time, boil the edamame in salted water for approx. 5 minutes.

Cream cheese dip: To make the dip, chop the mint and finely slice the spring onions.

Finely chop the jalapeno.

Mix together the cream cheese, 5 tbsp pomegranate balsamic, lime zest, half the spring onions and mint. Season to taste with salt and pepper. Mix the pomegranate seeds, 3 tbsp pomegranate balsamic, olive oil, jalapeno, remaining mint and spring onions and add to the cream cheese.

Divide all the ingredients between four bowls and serve.

Serve with the cream cheese dip with pomegranate salsame.

Finally, garnish with the beet shoots.