

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.