



Super Green Bowl

Quinoa salad with Miso, Broccoli and Egg
藜麥沙律伴味噌，西蘭花及雞蛋





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Ingredients 材料

Australia Broccolini	100g	澳洲西蘭花苗	100克
Maruichi Farm ECOCCO Cage Free Egg	1pc	丸一養雞場ECOCCO非籠養雞蛋	1隻
KOHITTEN Hokkaido Yukisansan White Miso	2tsp.	岩田釀造 北海道雪燦白味噌	2茶匙
Mexican Lime, juice	1pc	墨西哥青檸	1個
QUINUA REAL Royal Quinoa Grains - Tricolour, cooked	125g	QUINUA REAL 有機三色藜麥, 煮熟	125克
Frozen Peas	70g	急凍青豆	70克
Dutch Cherry Radish, thinly sliced	3pcs	荷蘭紅蘿蔔仔	3粒
GDD organic blacks sesame seeds	1/2 tbsp	點點綠 - 有機黑芝麻	1/2湯匙



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Step 步驟

1. Bring a pan of water to the boil. Add the broccoli and cook for 3 mins, then lift out with a slotted spoon and leave to cool. Lower the egg into the water and gently simmer for 6 mins. Drain and set in a bowl of cold water to cool.
2. Whisk the miso and lime juice in a small bowl, then toss with the quinoa, peas, radishes and cooked broccoli. Tip the salad into your lunchbox or an airtight container. Peel the egg, slice in half and arrange on top of the quinoa, then sprinkle with the sesame seeds.

1. 將一鍋水燒開。加入西蘭花並煮3分鐘，然後用開槽的勺子將其取出並冷卻。將雞蛋放到水中，然後慢火煮6分鐘。瀝乾水分，放入一碗冷水中冷卻。
2. 在一個小碗中攪拌味噌和青檸汁，然後加入藜麥，豌豆，蘿蔔和煮熟的西蘭花一起攪拌。將沙拉倒入便當盒或密封容器中。將雞蛋去皮，切成兩半，放在藜麥上，然後撒上芝麻。