

Colourful avocado bowl

20–25 Min

Ingredients 2 Portions

= Kotányi Produkte

For the bowl

150 g	Quinoa
300 ml	Water
1 tbsp	Olive oil
1	Small courgettes
1	Small peppers (red or yellow)
50 g	Chickpeas (tinned, drained)
1	Handful of arugula or spinach

For the avocado topping

2	Ripe avocados
1 tsp	Lemon juice or lime juice
2 tbsp	Avocado Love
1 tbsp	Yoghurt & hummus (for extra creaminess)

Optional dressing

1 tbsp	White balsamic vinegar
2 tbsp	Olive oil
1 tsp	Mix the honey and a splash of lemon juice

Preparation

1 How to cook quinoa:
Rinse the quinoa in a sieve and bring to the boil in a saucepan with 300 ml of water.
Simmer over a low heat for about 15 minutes until the water has been absorbed. Fluff up the quinoa with a fork and set aside.

2 Prepare the vegetables:
Cut the courgettes and peppers into small pieces; use a vegetable peeler to slice the carrot into thin strips.
Heat the olive oil in a frying pan and fry the courgettes, carrot strips and peppers for 3–4 minutes until al dente.
Cut the avocados in half, remove the stone, peel them and cut them into thin slices

3 Assembling the bowl:
Divide the quinoa between two bowls.
Arrange the vegetables, chickpeas and spinach or rocket on top in an attractive pattern.
Arrange the avocado in a fan shape in the centre.
Sprinkle with Kotányi Avocado Love and garnish with a little yoghurt or hummus.

HINT: Optional: drizzle with dressing and season with freshly ground pepper and salt.