

FIONA TUCK

NUTRITION WELLNESS YOGA



Vegan abundance bowl

After all the long days of indulging in seasonal delicacies this vegan abundance bowl will help to reset and cleanse without compromising on taste.

Ingredients:

Prep: 15 mins

Bowl:

Cook: 30 mins

Avocado ½
Kale leaves, stems removed 5
Red onion ½
Brussels sprouts ½ cup
Sweet potato (small) 1
Yellow squash 2
Pumpkin zoodles (spiralised) ¼ cup
Zucchini zoodles (spiralised) ¼ cup
Radish 2
Pomegranate seeds 2 tbsp
Handful of English spinach

Serves: 1-2

Dressing:

Extra virgin olive oil (EVOO) ¼ cup
Fresh lime juice ½ ea
Salt and pepper to taste

Garnish:

Walnuts & chervil/parsley

Directions:

1. Preheat the oven to 180 degrees Celsius (356 F, gas mark 4).
2. Chop the sweet potato, onion and yellow squash into bite-sized pieces and lay on a baking tray along with the Brussels sprouts.
3. Drizzle the veggies with a little EVOO and roast for 25-30 minutes.
4. In a fry pan, add a little more EVOO and add the kale leaves. Sauté over a medium heat, stirring through salt and pepper, for 4 minutes until softened.
5. Start to assemble the bowl starting with the greens - a bed of spinach, then add kale, pea sprouts, roasted brussels and zoodles.
6. Top with pumpkin zoodles, roasted sweet potato, radish, onion, squash, avocado, chervil and walnuts.
7. Finish with a sprinkling of pomegranate seeds.

8. Make the dressing by mixing together the lime juice, EVOO and seasoning.
 9. Pour the lime dressing and enjoy!
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