



Savory Quinoa Breakfast Bowl

Shivam · 05/11/2024



Prep Time

15 minutes

Difficult

Easy

Servings

1

Description

A Savory Quinoa Breakfast Bowl is a hearty, nutritious alternative to traditional breakfast grains. Packed with protein, veggies, and healthy fats, it's a filling and savory way to kickstart your day.

Ingredients

- 1/2 cup cooked quinoa (warm or cold)
- 1 egg (or 2 for extra protein)
- 1/4 cup diced bell peppers
- 1/4 cup spinach or kale
- 1/4 avocado - sliced
- 1 tbsp olive oil
- Salt and pepper - to taste
- 1/4 tsp cumin or paprika (optional)
- Salsa or hot sauce (optional)

Instructions

1. Cook the quinoa: If you haven't already cooked the quinoa - follow package instructions. Typically - quinoa cooks in 10-12 minutes in water or broth.
2. Sauté veggies: Heat olive oil in a pan over medium heat. Add bell peppers and spinach (or kale) - cooking until softened (about 3-4 minutes). Season with salt - pepper - and optional spices (cumin or paprika).
3. Cook the egg: In the same pan - cook your egg to your preference (scrambled
4. fried - or poached).
5. Assemble the bowl: Add the warm quinoa to a bowl. Top with sautéed veggies - the cooked egg - and sliced avocado.
6. Serve: Optionally - add salsa or hot sauce for extra flavor.