



Product Spotlight:
Orange

Oranges are one of the largest citrus crops in the world. Loaded with vitamin C and high in fibre, they are a great addition to any diet.



Mixed Quinoa Poke Bowl

with Boiled Eggs

Mixed quinoa served bowl style with fresh crunchy veggies, grilled avocado coated in sesame seeds, boiled eggs and an orange dressing.

Spice it up!

There are many fun garnishes you can add to your bowl! Try adding sliced seaweed snack sheets or fried shallots. Want to make the dish again? You could use crispy cooked tofu and add mango, edamame beans or radishes.



20 minutes



4 servings



Vegetarian

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	17g	26g	43g

FROM YOUR BOX

MIXED QUINOA	1 packet (200g)
GINGER	40g
ORANGE	1
RAMEN MARINADE	100g
FREE-RANGE EGGS	6-pack
AVOCADOS	2
SESAME SEEDS	1 packet (20g)
LEBANESE CUCUMBERS	2
RED CAPSICUM	1

FROM YOUR PANTRY

sesame oil, salt, pepper

KEY UTENSILS

2 saucepans, griddle pan or frypan

NOTES

Drain quinoa for a minimum of 5 minutes or press down in a sieve to squeeze out excess liquid.

Boiling eggs for 6 minutes will give you soft yolks. Boil for longer if you prefer the yolks firm.

Leave the avocado fresh for the bowl if you prefer!

Protein upsize – protein upsize is 1 packet paneer cheese. Cut paneer into cubes. Coat in sesame oil, salt and pepper. Add to griddle pan and cook, turning, until golden.



1. COOK THE QUINOA

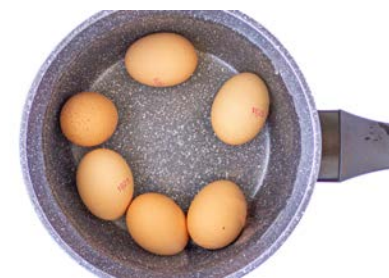
Bring a saucepan of water to a boil.

Place quinoa in a second saucepan and cover with plenty of water. Bring to a boil and simmer for 10–15 minutes or until tender. Drain and rinse (see notes).



2. MAKE THE DRESSING

Peel and grate ginger. Zest orange to yield 2 tsp. Place in a bowl along with juice from 1/2 orange (reserve remaining for step 5) and ramen marinade. Season to taste with **salt and pepper**. Whisk to combine.



3. BOIL THE EGGS

Add eggs to saucepan of boiling water and cook for 6–8 minutes (see notes). Cool under running cold water. Peel and halve.



4. GRILL THE AVOCADOS

Halve and peel avocados. Coat with **2 tsp sesame oil, salt and pepper**. Cook on a griddle pan over high heat for 1–2 minutes each side until slightly charred (see notes). Remove from heat and roll in sesame seeds to coat.



5. PREPARE THE TOPPINGS

Dice cucumbers, capsicum and reserved orange.



6. FINISH AND SERVE

Divide quinoa, avocado and toppings among bowls. Spoon over dressing to taste and serve with boiled eggs.

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