

ALICE LIVEING'S GREENS AND GRAINS BOWL

Start the year the healthy way with Alice Liveing's wonderful bowl of delicious goodness! Packed full with essential vitamins and nutrients, this recipe proves that healthy definitely doesn't have to mean boring.

Prep time 5-10 minutes | Cook time 6 minutes | Serves 1

100g pre cooked quinoa

50g pre cooked lentils

11/2 tablespoons pesto

50g spinach, finely chopped

1/2 lemon, juiced

1 red chilli, finely sliced

1 tablespoon olive oil

Salt and pepper

1 tablespoon apple cider vinegar

2 tablespoons pumpkin seeds

2 Clarence Court Burford Brown eggs

Begin by mixing your cooked quinoa and lentils in a large mixing bowl. Add your pesto, finely chopped spinach, lemon juice, chilli and olive oil and mix until completely combined. Once combined, place the entire contents into your serving dish.

Next, turn on your grill to heat up. Lay your pumpkin seeds onto the tray and place under the hot grill. Keep an eye on them as they burn easily, but they should take around 2-3 minutes. Remove and leave to cool.

In a saucepan half full with water, add your cider vinegar to and bring the water to the boil. Poach your eggs in your preferred method, leaving them to cook for around 3-4 minutes depending on their size, before removing with a slatted spoon and serving on top of your grains mix. Finally sprinkle over your pumpkin seeds and serve.





