



Turmeric Quinoa Breakfast Bowls

2 servings

20 minutes

Ingredients

85 grams Quinoa (dry)
2 grams Turmeric
2 grams Sea Salt
2 grams Ginger (fresh, grated or minced)
15 milliliters Lime Juice (divided)
15 milliliters Apple Cider Vinegar
4 Egg
42 grams Kale Leaves (finely chopped)
30 milliliters Water

Directions

- 1 Add the quinoa, turmeric, salt, ginger, and half of the lime juice to a pot. Cook the quinoa according to package directions. Once finished cooking, stir in the remaining lime juice.
- 2 Meanwhile, bring a second pot of water to a rolling boil and add the vinegar. Begin stirring your water with a spoon to create a whirlpool. Carefully add your eggs into the water, working in batches if needed so you don't overcrowd the pot. Cook for three to four minutes or until cooked to your liking and then use a slotted spoon to carefully remove the eggs from the water. Place them on a plate lined with a paper towel to soak up any excess liquid.
- 3 Heat a non-stick pan over medium heat. Add the kale and water and cover with a lid and steam for two to three minutes until the liquid has evaporated and the kale is tender.
- 4 To serve, divide the quinoa between bowls and top with the kale and poached eggs. Season with additional salt and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Cook eggs just before serving, or hard boil the eggs for meal prep.

More Flavor: Add garlic or red pepper flakes to the quinoa.

More Veggies: Add tomato or bell pepper.

No Apple Cider Vinegar: Use white vinegar instead.

No Kale: Use spinach or another leafy green instead.