Poké bowl with tomato, quinoa and avocado



Ingredients

4

- 200 g sushi rice
- 300 g water
- 0.5 dl sushi vinegar
- 2 avocados
- 100 g Bresc Pomodori marinati
- 100 g quinoa
- 2 boiled beetroots
- 1 dl sesame dressing
- 100 g steamed edamame beans
- 1 g sweetcorn (200-g tin)
- 4 spring onions
- 20 g pumpkin seeds

Used Bresc products



Bresc Pomodori marinati 1000g

Preparation method

Cook the rice in a rice steamer until done. Transfer the rice to a bowl and loosen, stir the sushi vinegar into it and allow to cool. Boil the quinoa until soft and allow to cool. Roast the pumpkin seeds in a dry frying pan and add a little salt. Peel and chop the avocados, finely chop the beetroots and slice the spring onions into rings. Add all the ingredients to the bowl of rice and use the pomodori marinati as a dressing.

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