

Kale Pesto & Quinoa Breakfast Bowl

SERVING / SIZE
1 bowl

SERVINGS
16



This gluten-free breakfast bowl with zippy kale and herb pesto is topped with a poached egg for a fresh and tasty vegetarian power bowl.

MADE WITH



Signature Creamy Tomato Basil Bisque
CASE CODE 24861

Ingredients

1 tub (1.81 kg)	Signature Creamy Tomato Basil Bisque
1.9 L	Water (1 full tray)
32 g	Quinoa
100 g	Kale leaves, packed chopped
250 mL	Olive oil
30 g	Baby spinach, packed
25 g	Parmesan cheese, grated
15 g	Fresh parsley, chopped
25 g	Fresh basil, chopped
21 g	Garlic, minced
30 mL	Red wine vinegar
6 g	Fresh dill, finely chopped (option: chives)
8 g	Lemon zest
8.5 g/4 g	Each salt and pepper
1.4 g	Red pepper flakes
16	Eggs, poached
292 g	Avocados 4 halved, pitted, peeled (cut 16 slices each)
252 g	Sprouts
454 g	Radishes, shaved (16)
64 g	Pumpkin seeds

Directions

Quinoa

- 1 Bring soup and water to simmer.
- 2 Stir in quinoa; reduce heat to low.
- 3 Cover and cook for 20 to 25 minutes, stirring every 5 minutes, or until quinoa is tender and most of the liquid is absorbed.
- 4 Let stand for 5 minutes and fluff with fork.
- 5 Hold for service. (Makes 2 L/8 cups).

Kale Pesto

In food processor, purée kale, olive oil, spinach, Parmesan, parsley, basil, garlic, vinegar, dill, lemon zest, salt, pepper and red pepper flakes until blended. (Makes 250 mL/1 cup)

Serving

Poach eggs to order. Spoon 125 mL (½ cup) quinoa into serving bowl. Top with poached egg, 4 avocado slices, 60 mL (¼ cup) sprouts, and 1 shaved radish. Drizzle with 15 mL (1 tbsp) kale pesto and 15 mL (1 tbsp) pumpkin seeds.

To poach eggs

Fill saucepan with enough water to come 3 inches (8 cm) upside of pan. Bring to gentle simmer. Stir in 15 mL (1 tbsp) vinegar. Break each egg into small dish. Holding dish just above simmering water, slip each egg into water. Cook, in barely simmering water, for 3 to 5 minutes or until the white is set and yolk is cooked to desired level of doneness. Remove with slotted spoon. Drain well on paper towel.