



BREAKFAST – QUINOA BREAKFAST BOWL

Total Time: 30mins

Serves 4:

Ingredients

- 1 cup quinoa
- 4 large eggs
- Spray olive oil
- Salt and black pepper
- 1 avocado, chopped
- 220 ounces smoked salmon
- Fresh lemon juice, for serving
- Sliced spring onion for serving

Instructions

1. Cook the quinoa according to the package directions.
2. Meanwhile, heat (and spray) a large non-stick pan over medium heat.
3. Add the eggs and cook, covered, 2 to 4 minutes for slightly runny yolks. Season with $\frac{1}{4}$ teaspoon each salt and pepper.
4. Serve the quinoa topped with the fried eggs, avocado, and salmon, dividing evenly. Drizzle with the lemon juice and top with spring onion.



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