



BEETROOT BLISS BOWLS

WITH PAN FRIED HALOUMI

DIFFICULTY: Easy | **SERVES:** 4 | **READY IN:** 35 minutes

How gorgeous are these colourful beetroot bliss bowls?! They're packed with ingredients to nourish your body and they taste really good too.



BEETROOT SAUCE

- ☐ 250g vacuum-packed cooked beetroot (or canned baby beets) (8.8oz)
- ☐ 1/2 cup unsweetened Greek yoghurt (125ml)
- ☐ 2 tsp apple cider vinegar
- ☐ 1/2 tsp garlic powder
- ☐ 1/2 tsp ground cumin
- ☐ 1/4 tsp caster sugar
- ☐ 1/4 tsp salt

SALAD

- ☐ 1 red onion
- ☐ 2 Tbsp apple cider vinegar
- ☐ 1 broccoli
- ☐ 7 tsp olive oil, divided
- ☐ 2 Tbsp pumpkin seeds
- ☐ 1 Tbsp black or white sesame seeds
- ☐ 4 eggs
- ☐ 3/4 cup boiling water (190ml)
- ☐ 1 tsp vegetable stock powder
- ☐ 3/4 cup bulghur wheat (150g)
- ☐ 200g haloumi (7oz)
- ☐ 80g salad greens (2.8oz)

1. Preheat oven to 180°C (360°F) fan bake and line a large oven tray with baking paper.
2. **MAKE BEETROOT SAUCE**
Combine all ingredients for beetroot sauce in a food processor or blender and process until smooth. Season to taste with salt and pepper.
3. **PREPARE SALAD**
Thinly slice onion. Stir vinegar, sugar and salt together in a small-medium bowl, add onion and toss to combine. Set aside.
4. Cut broccoli into florets and arrange on prepared oven tray, leaving space to add the seeds later. Drizzle with 2 teaspoons of oil and season with salt and pepper. Roast for 10 minutes, then add seeds and roast for a further 5 minutes.
5. Meanwhile, bring a small-medium saucepan of water to the boil. Add eggs in their shells and cook for 6 minutes. Drain, then refill the saucepan with cold water and leave eggs to sit for a few minutes.
6. While eggs cook, whisk boiling water and stock powder together in a medium bowl. Add bulghur wheat, cover and leave for 10 minutes.
7. Cut haloumi into 12-16 slices. Heat 1 teaspoon oil in a large frying pan on medium-high. Fry haloumi for 1-2 minutes each side, until golden.
8. **ASSEMBLE AND SERVE**
Peel eggs and halve, fluff bulghur with a fork and drain onions. Spread beetroot sauce all over the base of 4 individual plates or bowls. Spoon bulghur wheat on top and add salad greens. Top with broccoli, onions, egg, haloumi and seeds. Drizzle with remaining olive oil (1 teaspoon per bowl).



WINE MATCH: A Sauvignon Blanc.

BEETROOT BLISS BOWLS RECIPE NOTES

GLUTEN-FREE OPTION: Omit boiling water, stock powder and bulghur wheat and replace with 2 x 250g microwave pouches brown rice and quinoa. Microwave according to instructions on packet.

INGREDIENT SWAPS / NOTES: If you don't like beetroot, you could replace with 1 large avocado. Feta is a good alternative to haloumi (about 120g / 4.2oz) - no need to cook it.

STORING AND REHEATING: Bulghur wheat, broccoli and haloumi can be refrigerated together and reheated in the microwave. Refrigerate other ingredients separately. Assemble bowls just before serving.