# **NESPRESSO** RECIPES

# SAVORY QUINOA BREAKFAST BOWL PAIRED WITH A PLANT-BASED CINNAMON COCONUT LATTE

35 min.





**HOW TO MAKE!** 

#### **MATERIALS**

Vertuo Mug Medium Bowl Medium Sized Sauté Pan Whip Frother 2 Large Bowls

# RECOMMENDED NESPRESSO COFFEES

### **INGREDIENTS**

Bianco Leggero Capsule 1 capsule



Cooked Quinoa 120 g



Cooked Chickpeas 120 g



Lemons (Juice and Zest separated)



ated) 💚 2 Pieces





Mushrooms 120 g



Avocado 100 g



red onion 75 g



Grape Tomatoes 120 g





#### STEP 01

# PLANT-BASED CINNAMON COCONUT LATTE

- Extract Bianco Leggero capsule into the Nespresso Vertuo mug. - While coffee is brewing, measure out 120ml (1/2 cup) of full fat coconut milk. - Add 5ml (1 tsp) cinnamon to coconut milk. - Pour into frother. - Froth coconut milk. - Pour frothed coconut milk over coffee.

#### STEP 02

## SAVORY QUINOA BREAKFAST BOWL

- In a large bowl, add cooked quinoa, lentils, 15ml (a tbsp) lemon juice, zest of one entire lemon, 140ml (1/2 cup) chopped parsley, and season to taste.Set aside. - In a medium-sized sauté pan over medium heat, add 15ml (a tbsp) oil. Add the mushrooms and allow to cook on medium heat until caramelized. Season with salt and pepper after sautéing for 3-5 minutes, set aside, - In the same pan, add another 15ml (a tbsp) of olive oil. Add 2 cloves garlic, sliced onion, and grape tomatoes. Cook for 2-3 minutes on medium heat. - Add kale, garlic powder, onion powder, and salt and pepper to taste. Cook until kale wilts and tomatoes burst. Top mixture with cilantro and 5ml (a tsp) of lemon juice at the end of cooking. Set aside. - To make the dressing, whisk together champagne vinegar, shallot, dijon mustard, chopped remaining garlic clove, and









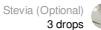














## **INSPIRATIONS**



remaining olive oil until thoroughly mixed. Be sure to salt and pepper your dressing too! - To assemble your Savory Quinoa Breakfast Bowl: In a large bowl, add quinoa and lentil mixture, sautéed mushrooms, sautéed kale and tomatoes, 1/4 sliced avocado, top with hemp seeds, and drizzle dressing over the entire bowl! - You could also top with herbs, cheese, or a poached egg if applicable.