

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

🕒 25 min.

👩‍🍳 Easy












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) 
2 Pieces
- Parsley 
60 g
- Mushrooms 
120 g
- Avocado 
100 g
- red onion 
75 g
- Grape Tomatoes 
120 g
- Chopped Kale 
1 Bunch

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

- Garlic Powder 5 g 
- Onion Powder 5 g 
- Cilantro 60 g 
- Champagne Vinegar 60 ml 
- Minced Shallot 12 g 
- Dijon Mustard 10 g 
- Garlic Cloves 3 Pieces 
- Olive oil 80 ml 
- Hemp Seeds 15 g 
- Salt 5 g 
- Black Pepper 5 g 
- Full Fat Coconut Milk 80 ml 
- Cinnamon 5 g 
- Stevia (Optional) 3 drops 

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.

INSPIRATIONS

