

## AVOCADO QUINOA BOWL WITH RICOTTA, MINT AND EGG

### INGREDIENTS

(Serves 4)

1 cup red quinoa  
½ teaspoon salt, plus additional salt to taste  
4 oz. beet greens, roughly chopped  
4 oz. rainbow chard, roughly chopped  
3 tablespoons olive oil (plus more for sautéing greens)  
1 tablespoon fresh lemon juice  
½ teaspoon ground cumin  
10-12 mint leaves, cut into thin ribbons  
1 tablespoon finely chopped fresh chives  
1 avocado, sliced  
Crumbled ricotta, for topping  
4 eggs, fried or poached  
chive flowers (optional, for decoration)

### DIRECTIONS

1. Rinse the quinoa in cold water. Bring 2 cups water to a boil in a saucepan. Add in ½ teaspoon salt and quinoa, and boil for about 30 minutes, until quinoa is fully cooked and the germ of the seed shows. Set aside.
2. Sauté greens with a drizzle of oil until just wilted.
3. For the dressing, combine lemon juice, 3 tablespoons olive oil, cumin, and salt and pepper (to taste).
4. Toss mint, chives, quinoa, greens and dressing together.
5. Top quinoa mixture with avocado slices, crumbled ricotta and poached / fried egg. Sprinkle olive oil and fresh pepper on top!