

Loaded Quinoa Poached Egg Breakfast Bowl

Yield: 4

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PREP TIME: 20 COOK TIME: 20 TOTAL TIME: 40

Ingredients:

4 large eggs

1 tsp apple cider vinegar

1 large ripe avocado

juice of half a lemon

2 cups cooked quinoa

1.5 cups cherry or grape tomatoes, halved

1/3 cup crumbled cheese of choice, such as parmesan, cotija, or feta

4 thin slices of nitrate free bacon, cooked and crumbled

1 jalapeño, thinly sliced

1/2 tsp chili flakes

sea salt and fresh ground black pepper

1. Fill a pan with about 2 inches deep with water and bring it to a steady gentle simmer.
2. Add in the vinegar and once simmering use a wooden spoon to make a swirl into the water.
3. Gently tip the egg into the water. Simmer for about 3-5 minutes, or until done to your liking.
4. Lift the egg out with a slotted spoon and drain it on a paper towel.
5. Meanwhile, mash the avocado with a fork and squeeze fresh lemon juice over to keep it green and fresh. Season with a pinch of sea salt and pepper.
6. Divide the quinoa among 4 meal prep containers, then top each bowl with equal amounts of: cherry tomatoes, mashed avocado, poached egg, crumbled cheese and crispy crumbled bacon.
7. Garnish with jalapeño slices, fresh ground black pepper and chili flakes, then sprinkle with sea salt to taste.
8. Enjoy immediately, OR; seal and refrigerate for up to 3 days for food prep.