Health Advice

Super Bowl: Recipe ideas for lunch-breaks

Bowls have become increasingly popular in recent years. Their special feature is that all the ingredients are arranged next to each other in the bowl in an attractive and colourful way without straight away mixing them. They typically include lots of fresh vegetables combined with rice, quinoa, nuts, fruit, meat or fish. Bowls are perfect for taking to work and eating cold, or you can reward yourself for the day with a warm bowl in the evening. They also make a good breakfast option in their sweet incarnation with muesli, fruit, granola and yoghurt.

The classic is the range known as "Buddha bowls". Inspired by Asian cuisine and mostly vegetarian, they contain plenty of fresh vegetables along with ingredients such as chickpeas, sweet potatoes or rice. If you prefer, you can add meat, for instance fried chicken breast strips or rashers of bacon. Even a hard-boiled egg makes an ideal addition.

If you feel like seafood, why not try a poke bowl. It is Hawaiian in origin and features generous quantities of fresh fish such as tuna or salmon, or perhaps prawns, in combination with rice and a host of fresh ingredients such as edamame beans, zucchini noodles, cucumber, tomatoes, carrot strips, mango, avocado or whatever else you happen to have in your fridge. You can also add a topping in the form of onions, seeds, coriander or similar. Vegetarians can simply replace the fish with smoked tofu. Whether Buddha or poke, there are no standard recipes for the bowls – you can combine any ingredients you like. Each bowl is thus turned into a unique taste experience and source of nutrients.

You're looking for inspiration? We've put together an exquisite composition for you that is not only tasty and filling but also really healthy thanks to the clever combination of carbohydrates, vitamins, protein and unsaturated fats: the Healthy Super Bowl. A simple recipe for two people that can be prepared in 30 minutes.

Recipe Healthy Super Bowl

70 g of quinoa
70 g of red lentils
1 clove of garlic
100 g of cauliflower
100 g of carrots
3 handfuls of lamb's lettuce (corn salad)
40 g of alfalfa sprouts
200 g of silken tofu
1 tbsp of linseed oil
1 tsp of maple syrup
1-2 tbsp of dried barberries
Vegetable stock
4 tbsp of orange juice
4 tbsp of white wine vinegar
Salt, pepper, turmeric, chilli powder

Cook the quinoa and lentils in vegetable stock according to instructions on packet, keep the stock once cooked. Puree the garlic, turmeric, tofu, vinegar, orange juice, linseed oil and maple syrup in a mixer, season with salt, pepper and chilli powder. Set dressing aside. Break the cauliflower into small florets, cook in the stock for approximately 3-5 min until crisp tender. Again, keep the stock. Peel the carrots and grate using a coarse grater. Wash, clean and shake dry the lettuce. Wash and dry the sprouts too.

Distribute the quinoa between the two bowls, then arrange the carrots, cauliflower, lettuce, sprouts and lentils in the bowls. Add a little vegetable stock to the dressing, stirring it in, and serve with the bowl. Garnish with barberries.

Tip: Instead of the sour-tasting barberries, you can also use goji berries for a more sour-sweet taste or cranberries for a slightly sweeter taste.

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BARMER