



Plant Based Poke Bowl with Hummus

This colorful dish is inspired by Hawaiian poke. The plant-based poke bowl will bring you a really delicious meal, full of healthy ingredients and combines many textures and flavors. This recipe uses flavored hummus to increase the nutritional benefits of this dish. Hummus is a great source of dietary fiber, antioxidants, and other nutrients that have anti-inflammatory properties.

Ingredients

- Roast Red Pepper Hummus
- Baby Spinach
- Sweet Potato
- Carrot
- Cauliflower
- Onion
- Lime
- Pumpkin Seeds
- Spice mix
 - Turmeric
 - Cumin

Your Pantry

- Olive/Rapeseed Oil
- Salt
- Pepper

Nutritional Info

Calories: 549 kcal
Carbohydrates: 54 g
Protein: 30.5 g
Fat: 19 g

Allergens

Gluten (Hummus)
Soya (Hummus)

Hummus may also contain traces of nuts

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) **Heat the Oven**

Preheat the oven to 200°C & get a large roasting tray ready.

2) **Prepare the vegetables**

Cut the cauliflower into even-sized florets. Chop the sweet potato into wedges. In a large bowl mix the cauliflower and sweet potato with the spice mix and some oil. Season with salt and pepper.

3) **Roast the vegetables**

Spread the veg out across a large roasting tray. When the oven is up to temperature, put in your cauliflower and sweet potato to roast for about 25 minutes. While they roast move on to the next step.

4) **Pickle the onion.**

Slice the onion thinly. Then in a bowl combine the onion and the juice and zest of the lime. Leave this aside to quickly pickle.

5) **Grate the Carrot**

Peel the carrot and then grate it. Set aside.

6) **Plate the dish**

When the vegetables have finished roasting make up your poke bowl in sections. Using the spinach, sweet potato, cauliflower and carrot. Remember to add in your pickled onion. Sprinkle with the pumpkin seeds and serve with the hummus on the side.



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