

LUNCH

# BRAINFOOD BOWL

**I.** Preheat oven to 200°C (top/bottom heat) and line a baking tray with baking paper.

**II.** Peel the sweet potato, cut it into approx. 0.5cm wide slices and brush with olive oil. Season with salt and pepper and place in the preheated oven for 20-25 minutes.

**III.** Wash the salad and vegetables, cut them into pieces and put them in a large bowl.

**IV.** Remove the skin from the avocado, chop the avocado into small pieces and add.

**V.** Drain the white beans, wash them and add them to the remaining ingredients.

**VI.** For the dressing, put all ingredients in a bowl, mix and pour over the bowl.

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## GIVE IT A TRY:

Replace individual nutrient sources according to preference:

**carbohydrate sources:** sweet potato, millet, couscous or quinoa

**Protein sources:** White beans, chickpeas, kidney beans, meat such as chicken or beef, feta cheese or hard-boiled eggs

**Fat sources:** avocado, tahini, hummus, nuts, seeds or olives

**Vegetables:** Select seasonal varieties

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## INGREDIENTS:

- 1 medium sweet potato
- 1 beetroot (pre-cooked)
- 100g white beans
- ½ Avocado
- 2 handfuls of lamb's lettuce
- 1 tomato
- ¼ Cucumber

## Dressing:

- 1tbsp Olive oil
- 1tbsp Balsamic vinegar
- 1tbsp Lemon juice
- salt, pepper



Preparation time: 25min

