

Lola Berry's nutrition bowl recipe

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This pretty creation is a nutritional gold mine full of all the good stuff – with the avo and olive oil providing some lovely healthy fats, the eggs giving you lots of complete protein and the sesame seeds adding plenty of the iron needed for the body to produce energy, along with a big hit of calcium too. I spend so much time making these bowls look pretty that they often look too good to eat ... almost!

Ingredients

- ½ kent pumpkin, chopped into 2.5 cm chunks (I keep the skin on but you don't have to)
- ½ head of broccoli, florets chopped
- Salt flakes and freshly ground black pepper
- Pinch of chilli flakes (optional)
- 3 tbsp extra-virgin olive oil
- 2 handfuls of rocket
- ½ punnet (100 g) cherry tomatoes, halved
- 2 eggs, boiled and halved lengthways
- ⅓ cup sauerkraut or kimchi
- 1 tbsp black and white sesame seeds
- 1 avocado, halved lengthways
- Lime wedges, to serve

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- ½ tsp dulse flakes

Method

Preheat the oven to 180°C. Line two baking trays with baking paper. Spread the pumpkin chunks and broccoli florets over the prepared tray and season with salt and pepper. Sprinkle over the chilli flakes (if using), drizzle over 2 tablespoons of the olive oil and bake for 20 to 25 minutes, or until the veggies are nice and crispy.

Remove from the oven and leave to cool slightly. To assemble your salad, take two serving bowls and place a handful of rocket in each one to make a bed for all your other goodies.

On top, in separate mounds, arrange the cherry tomatoes, egg halves, sauerkraut or kimchi, pumpkin and broccoli. Place the mixed sesame seeds on a plate, then gently press the cut side of each avo half into the seeds to coat the surface evenly. Place the avo halves on the salad and season.

To serve, add the lime wedges, drizzle over the remaining olive oil and sprinkle with the dulse flakes. Take a pic for social media (you'll be so proud of how amazing this looks), then pop the phone aside and take a moment to reflect on how lucky you are to be able to create and enjoy this awesome meal.

Recipes: [Lola Berry](#)

Photography: [Armelle Habib](#)

These recipes are a taste of [Food to Make You Glow](#) by Lola Berry, published by Plum. Available now, \$39.99.

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