

RECIPE | CUCUMBERS

CUCUMBER QUINOA BOWL



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INGREDIENTS

4 Count Pure Flavor® Mini Cucumbers, sliced	1 garlic clove, diced
½ cup quinoa	1 tbsp hot pepper flakes
½ avocado, sliced	1 pinch salt, to taste
½ cup spinach	½ cup tahini
1 soft-boiled egg	½ cup fresh lemon juice
1 tbsp oregano	2 tbsp cold water
1 tbsp paprika	½ tbsp sriracha sauce

DIRECTIONS

1. Simmer quinoa for 10 minutes on medium-high heat, or until liquid is soaked in completely. Remove pot from heat and let stand, covered, for 5 minutes.
2. Bring the water to a rapid boil, then turn heat to low and place eggs into the pot for 5 minutes to cook.
3. Place quinoa, spinach, and cucumbers in a bowl.
4. Slice Avocado and soft-boiled egg to your liking, then add to bowl.
5. In a small bowl whisk together the tahini, water, lemon juice, sriracha and paprika.
6. Dress and garnish with hot pepper flakes, salt, garlic and oregano.



TOTAL TIME

25 minutes

PREP TIME

5 minutes

COOK TIME

20 minutes

SERVES

4

COOKING LEVEL

Easy