

**TOTAL TIME**

25 minutes

PREP TIME

5 minutes

COOK TIME

20 minutes

SERVES

4

COOKING LEVEL

Easy

RECIPE | CUCUMBERS

CUCUMBER QUINOA BOWL

INGREDIENTS

4 Count Pure Flavor® Mini Cucumbers, sliced

½ cup quinoa

½ avocado, sliced

½ cup spinach

1 soft-boiled egg

1 tbsp oregano

1 tbsp paprika

1 garlic clove, diced

1 tbsp hot pepper flakes

1 pinch salt, to taste

½ cup tahini

½ cup fresh lemon juice

2 tbsp cold water

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.

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