

Broccoli Rice Bowl

A simple bowl, easy to make and tastes great.

This is a serving for 2

Ingredients

- 1 Small head of Broccoli
- 6 or so Scallions
- 1 small Purple sweet potato (or any kind)
- 1 small white Japanese sweet potato (or any kind)
- Chili flakes
- Butter
- Ripe Avocado
- Protein of choice

Prepare sweet potato

- Oven 450F
- Peel and cut potatoes to bite size pieces.
- Mix with olive oil, salt and pepper.
- Spread mixture out on baking tray covered with parchment paper
- Bake for 30mins stir once and a while

Prep sides

- Peel and slice avocado
- Clean and slice scallions cut on a slant about 1/3 inch long
 - o Protein ideas...
 - Poached or hard boiled egg
 - Steak or chicken
- Clean broccoli trim, retain stock, chop into large pieces
- Fine grind broccoli in a blender or food processor (small rice size)
- On a medium heat pan stir fry broccoli, 2/3 of your scallions, pinch of chili flakes in 3 table spoons of melted butter for 5 mins

Serve:

- Plate all, add a few of the uncooked scallions on top

A couple of serving suggestions.

