

Couscous bowl

Total: 38 min · Prep: 13 min · Cook: 25 min · 1 servings · Easy · Breakfast

Dairy-Free



INGREDIENTS

30 g Couscous

1 pc Egg

60 g Tofu

0.25 pc Avocado

15 g Lettuce leaves or Kale

60 g Salmon

20 g Caesar sauce

50 g Cucumber

2 tsp Lemon juice

INSTRUCTIONS

- 1 Cook couscous according to package instructions and place it in a deep bowl on the side.
- 2 Finely chop the lettuce and place it in the same bowl next to the grain.
- 3 Boil the egg for 7 minutes, cut in half and place on top of the couscous.
- 4 Cut tofu and salmon into cubes, pan-fry without oil on high heat on all sides for 10-12 minutes, adding salt and spices. Then place them in the bowl on the side.
- 5 Cut cucumber into thin rings and avocado into half-rings, and place in the bowl.
- 6 Add sauce on top and drizzle with lemon juice.

Nutrition per serving: 484 kcal · Protein **40.0 g** · Fat **34.0 g** · Carbs **34.0 g** · Fiber **3.4 g**