

Gut Health Fermented Veggie Bowl

Serves 2 • Prep 15 min • Cook 10–15 min

Ingredients

- 2 cups cauliflower
- 1 zucchini
- 1 red capsicum
- 2 cups baby spinach/rocket
- ½ avocado
- ½ cup fermented sauerkraut
- ½ cup fermented vegetables
- 2 tbsp pumpkin seeds
- 2 tbsp parsley/coriander
- 2 tbsp tahini
- Juice of 1 lemon
- 1 tbsp extra-virgin olive oil
- 1 garlic clove
- 1 tsp apple cider vinegar
- 2–3 tbsp water
- Salt and pepper

Method

1. Heat oven to 220°C. Chop cauliflower, zucchini and capsicum; toss with oil, salt and pepper and roast 10–15 min.
2. Whisk tahini, lemon, olive oil, garlic, vinegar and water into a creamy dressing.
3. Build bowls with greens, roasted vegetables, avocado, sauerkraut and fermented vegetables.
4. Top with pumpkin seeds, herbs and dressing. Add eggs, chicken or salmon for extra protein.

Nutrition / Recipe Notes

Low-carb • Vegetarian • Fibre-rich • Fermented-food focused

Serving idea

Serve immediately with fresh herbs, lemon or a simple low-carb vegetable side. Nutrition is approximate and will vary with brands and portion sizes.

Photo placeholder — Add a finished-meal photograph here for the website/print version.