



Poke bowl with sweet potato chips



Categoria
Saladas



Tempo de preparação
Rápido



Dificuldade
Médio



Custo
Select



Com quem?
Select



Nº de pessoas
4 pessoas

Ingredientes

 100ml Gallo Extra Virgin Olive Oil

 25ml Gallo Vinigar Modena Balsamic

- 200g fried sweet potato
- 400g fresh tuna
- 400g cooked rice
- 250g pumpkin
- 1 cucumber
- 1 carrot
- 1 zucchini
- 1 avocado
- 50g cashews
- Salt, pepper and sesame seeds to taste

Modo de preparação

1

Start by cutting the pumpkin in small cubes, seasoning with salt, pepper, Gallo Extra Virgin Olive Oil and Gallo Vinigar Modena Balsamic and put in the oven for 25 minutes at 180°C.

2

Meanwhile, prepare the sweet potato chips (consult the step-to-step recipe below).

3

Then, use a spiralizer to make the cucumber and zucchini spaghetti, putting aside.

4

Slice the carrot and the avocado.

5

In a bowl, put the rice, then the tuna cut into cubes, the different vegetables and the sweet potato chips.

6

Finish with cashews on top and with a dash of Gallo Extra Virgin Olive Oil.

Produtos utilizados



Olive Oil
Olive Oil



Modena Balsamic
Premium Vinegar



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