



Turmeric Sweet Potatoes, Poached Eggs, and Lemon Dressing

What You Need:

turmeric mashed sweet potatoes:

- 1 large sweet potato (kumara), cut into chunks
 - a swish of olive oil
 - 1 tsp turmeric
 - 1 small clove of garlic, minced
 - 1 cup vegetable broth or quality vegetable stock
- continued.

lemon herb dressing:

- 2 tbsp lemon juice
- 2 1/2 tbsp olive oil
- 1/2 clove garlic
- 1 tsp raw honey or pure maple syrup
- 2 tbsp cup parsley leaves
- large pinch of sea salt (more to taste)

healing bowls:

- 2 poached, boiled or scrambled eggs
- 1 cup brown rice or quinoa, cooked
- rocket, spinach or any favoured greens
- pistachios or other nuts for topping

ultimate healing bowls!

What to Do:

1. Cook brown rice/quinoa to packet instructions and drain.
 2. Heat the sweet potato with olive oil in a skillet over medium high heat. Add the turmeric and toss to coat. Add the garlic and vegetable broth. Simmer until the potatoes are soft and the liquid is almost all absorbed.
 3. Transfer to a small bowl and mash. Season with salt and pepper and/or a touch of cream if you want to be lush about it.
 4. Whilst sweet potato is cooking place all dressing ingredients in a blender or food processor and pulse. Season to taste and set aside.
 5. Toss the greens with a little dressing. You can also stir a little dressing into the sweet potatoes – that's yummy.
 6. Cook your eggs as you desire.
- Serve each bowl with the mashed sweet potatoes, quinoa/brown rice, greens, and an egg of choice. Top with more dressing and a handful of pistachios.