



## 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 Vinegar 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 Vinegar 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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