



Poke bowl with sweet potato chips



Categoria
Saladas



Tempo de preparação
Rápido



Dificuldade
Médio



Custo
Intermediate



Com quem?
By yourself



Nº de pessoas
4 pessoas

Ingredientes



100ml of Victor Guedes
Olive Oil

- 200g fried sweet potato
- 400g fresh tuna
- 400g cooked rice
- 250g pumpkin
- 1 cucumber
- 1 carrot
- 1 zucchini
- 1 avocado
- 50g cashews
- 25ml of balsamic vinegar
- Salt, pepper and sesame seeds, to taste

Modo de preparação

1

Start by cutting the pumpkin in small cubes, seasoning with salt, pepper, Victor Guedes Extra Virgin Olive Oil and balsamic vinegar 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 Victor Guedes Extra Virgin Olive Oil.

Produtos utilizados



Olive Oil
Olive Oil



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