

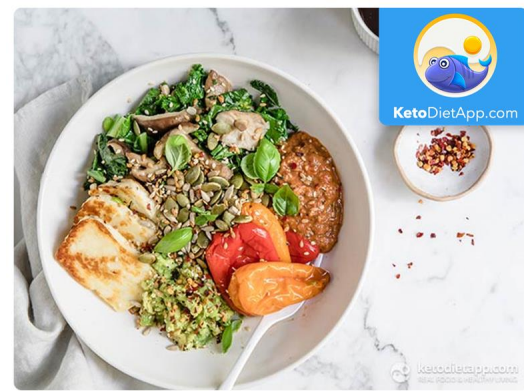
Low-Carb Veggie Full English Breakfast Bowl

Hands-on 15 minutes Overall 35 minutes

Nutritional values (per serving): Total carbs: 18.9 g, Fiber: 9.2 g, **Net carbs: 9.7 g,**

Protein: 15.9 g, Fat: 60.7 g, Calories: 662 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 1 servings)

3 red, yellow or orange baby peppers or 1 small bell pepper (60 g/
2.1 oz)

1 tsp [ghee](#) or [extra virgin olive oil](#)

pinch of sea salt, to taste

1 tsp [pumpkin seeds](#)

1 tsp [sunflower seeds](#)

1 tsp [flax seeds](#)

1 tbsp butter, [ghee](#) or [extra virgin olive oil](#) (15 ml)

3/4 cup shredded kale or spinach (38 g/ 1.3 oz)

1/3 cup sliced shiitake or white mushrooms (25 g/ 0.9 oz)

3 slices halloumi cheese (50 g/ 1.8 oz)

1 tsp [ghee](#) or [extra virgin olive oil](#)

1 tbsp homemade [Low-Carb Marinara Sauce](#) (15 ml)

few basil leaves

*room temperature for up to 2 weeks, ready to be used for
topping or snacking.*

- Heat the butter on a medium heat in a non-stick pan, add the mushrooms and cook for 2 minutes. Add the kale and cook for a further 2 minutes. Season with a pinch of salt to taste.
- Fry the halloumi in 1 tsp of ghee or olive oil over a medium-low heat for about 2 minutes per side, or until golden.
- Once the peppers are cooked, allow to cool slightly. Remove the stalks and scoop out the seeds.
- Smash the avocado with a fork and mix with the olive oil, salt, pepper, lime and chile flakes.
- Place the kale and mushrooms in your bowl, along with the seeds, peppers, halloumi and top with smashed avocado, marinara sauce and fresh basil.
- Best served fresh. The cooked vegetables can be stored in a sealed jar in the fridge for up to 3 days and served warm or cold. Halloumi should always be reheated before serving.

Smashed avocado:

1/2 small avocado (75 g/ 2.7 oz)

1 tsp fresh lime juice

1 tsp [extra virgin olive oil](#)

pinch of sea salt and black pepper, to taste

1/8 tsp chile flakes

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Instructions

- Preheat the oven to 180 °C/ 355 °F (fan assisted) or 200 °C/ 400 °F (conventional). Place the peppers on a baking tray and drizzle with olive oil and a pinch of salt. Roast in the oven for 25 minutes until soft.
- Place the seeds on another baking tray and roast in the oven for 4 minutes until golden. Remove from the oven and allow to cool.

Note: You can make a large batch of the roasted seeds and keep at