

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

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

Instructions

1. 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.
2. 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

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

3. 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.
4. 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.
5. Once the peppers are cooked, allow to cool slightly. Remove the stalks and scoop out the seeds.
6. Smash the avocado with a fork and mix with the olive oil, salt, pepper, lime and chile flakes.
7. Place the kale and mushrooms in your bowl, along with the seeds, peppers, halloumi and top with smashed avocado, marinara sauce and fresh basil. 8 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.

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