

Roasted Sweet Potato, Quinoa and Fried Egg Lunch bowl



 Serves: 2  Prep: 5 minutes  Cook: 30 minutes  [Stack Cup](#)

Metric

Imperial

ingredients

Half a medium sweet potato, cut into cubes

150 g

1 tsp smoked paprika

3 g

1 tsp olive oil

4.5 g

1/2 cup quinoa uncooked

100 g

Feedback



1 cup Low FODMAP vegetable or chicken stock	250 g
4 eggs	
1 tbsp butter	
Salt and pepper to taste	

Method

Step 1

Preheat the oven to 200C. Line a tray with baking paper and toss the sweet potato cubes with the smoked paprika and olive oil. Roast for 25 minutes or until golden brown.

Step 2

In the meantime, place quinoa into a small saucepan with the stock (or water) over medium heat. Bring to a boil, then lower heat and simmer until cooked through (approx. 15 minutes)

Step 3

In a large fry pan, melt the butter over medium heat. Crack eggs into the pan one at a time and cook for approximately 3 minutes, or until white is completely set. Remove from the heat and set aside

Step 4

Divide the quinoa and sweet potato into 2 bowls and stir to combine. Add eggs on top and season with salt and pepper to taste.