

# Wellness Bowl

Total time **45 mins** 10 mins preparation time **35 mins** cooking time

## INGREDIENTS

4 portion(s)

<b>100 g</b>	spelt grain
<b>10 tbsp</b>	Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon
<b>400 g</b>	pumpkin (e.g. Hokkaido)
<b>2 tbsp</b>	walnut oil
<b>1</b>	Freshly ground pepper
<b>1</b>	small pointed cabbage
<b>1</b>	clove garlic
<b>3 tbsp</b>	olive oil
<b>100 g</b>	baby leaf spinach
<b>4</b>	sprigs fresh basil
<b>30 g</b>	pecans
<b>2.5 tbsp</b>	balsamic vinegar
<b>1 tsp</b>	agave syrup
<b>50 ml</b>	vegetable stock
<b>12 slice(s)</b>	of cold roast beef
<b>100 g</b>	sprouts or cress
<b>30 g</b>	pumpkin seeds

## PREPARATION

### Step 1

Prepare the spelt grain according to the package instructions and mix with 2 tablespoons of Ponzu. Preheat the oven to 180°C Fan. Cut the pumpkin into cubes approx. 2x2 cm, toss with walnut oil and 2 tbsp of Ponzu, season with pepper, spread out on a baking tray and cook in the preheated oven for about 15-20 minutes.

### Step 2

Halve the pointed cabbage, cut out the stalk, cut the leaves into strips. Peel the garlic, chop finely and sauté with pointed cabbage in 1 tbsp olive oil in a pan. Pour in 50 ml of water and cook covered for approx. 5 minutes.

### Step 3

For the dressing, blitz the remaining Ponzu with pecans, remaining olive oil, vinegar, agave syrup, stock, basil leaves and season with pepper.

### Step 4

Arrange the spelt, pumpkin, cabbage and baby leaf spinach in bowls and drizzle with the dressing. Scatter the roast beef with the sprouts on top, sprinkle with pumpkin seeds and serve.