



**CHEF DANA'S INSIGHT**

Spring's green bounty is sure to **make bowls pop**, as vegetables like **sugar snap peas, asparagus** and **unique lettuce varieties** come to life and can be enhanced with dressings made from **bright, fresh herbs**.



**CHEF DANA'S INSIGHT**

Winter bowls should be **warm, hearty** and **comforting**, with that little bit of **decadence diners crave** when it's chilly outside.



**CHEF DANA'S INSIGHT**

When it comes to summer, **vibrant colors and flavours**, like **pickled fruits** or produce at their peak **freshness** keep things **cool, light** and **refreshing**.



**CHEF DANA'S INSIGHT**

The fall harvest is perfect for bowls, with **roasted vegetables** like **squash** or **brussels sprouts** that offer **deep caramelized notes**, complemented by **dried fruits, creamy cheeses** and **warm spices**.



**BOWLS**  
BY THE **SEASON**





# BOWLS IN FRONT OF THE CAMERA

Here's 3 of our top 10 tips to help turn your menu shots into viral sensations:

## NO.1

### Make the dish the focus

Make sure your dish is center stage in the shot.

## NO.2

### Negative space is a positive

You don't have to fill the space in every frame.

## NO.3

### Get up close

The detail of ingredients makes for a more appetising shot.

MORE  
TIPS THIS  
WAY



MORE  
INSTAFAMOUS  
BOWLS



# BOWLS ON INSTAGRAM



## POKE BOWL

### Did you know?

Poke bowls are the most posted bowls on Instagram with over **1 MILLION TAGS**.

### Our chef says

Let your ingredients take center stage! The options are endless, but you want to focus on contrasting flavors.





# RED LENTIL PASTA BOWL WITH LEMONY ROASTED BRUSSELS SPROUTS



DISCOVER  
MORE  
RECIPES



## INGREDIENTS

### Candied Lemon Peel

Meyer lemons	6 each
Salt	6 g
Cold water, divided	875 ml
Sugar	400 g
1 inch piece ginger root, finely grated	1 each

### Brussels Sprouts

Brussels sprouts, shredded	1.13 kg
Extra virgin olive oil	125 ml
Salt and pepper	To taste

### Salad

Cooked red lentil pasta	1.40 kg
Radicchio, shredded or torn	200 g
Red butter lettuce	375 g
English cucumber, sliced thin	300 g
Yellow bell peppers, julienned	850 g
Lemon simple syrup	235 g
Prepared roasted shredded brussels sprouts	1.30 kg
Farmers cheese, crumbled	515 g
Hemp seeds	110 g
Pancetta, diced and cooked	280 g
Hellmann's® Lemon Za'atar Dressing 2 x 3.78 L	600 ml

## PREPARATION

### Candied Lemon Peel

- Peel lemons into long strips.
- Combine peels with salt and 375 ml water in a pot. Bring to a boil, reduce heat, simmer 10 minutes, drain. Set aside peels.
- Add remaining 500 ml cold water and 400 g sugar to saucepan. Bring to a simmer.
- When sugar dissolves, add lemon peels and ginger. Simmer 45-60 minutes.
- Remove peels and cool on a Silpat lined sheet pan. Cut into thin strips. Reserve lemon simple syrup.

### Brussels Sprouts

- Toss shaved brussels sprouts with oil and season with salt and pepper. Place on a parchment lined sheet pan and roast at 230 C until beginning to char, about 8-10 minutes. Set aside.

### Salad

- For each portion toss 58 g cooked pasta, 20 g radicchio, 38 g butter lettuce, 30 g cucumber and 85 g roasted yellow peppers with 24 g lemon simple syrup and 60 ml Hellmann's Lemon Za'atar Dressing. Place in a bowl.
- Top with 130 g roasted brussels sprouts. Crumble 52 g farmers cheese over top and sprinkle with 11 g hemp seeds and 28 g pancetta. Finish with 3-4 thinly sliced pieces candied lemon peel. Drizzle with additional dressing if desired.