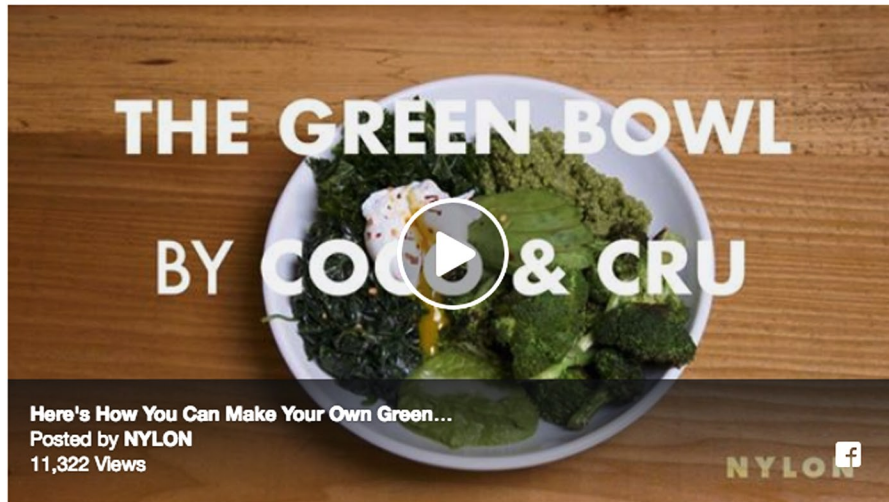


Here's How You Can Make Your Own Green Bowl

From our friends at Coco and Cru

BY HAFEEZAH NAZIM · APRIL 21, 2018



If you love pesto, hate eating your greens, and have an affinity for all things monochrome, this food tutorial's for you. We here at NYLON teamed up with downtown Manhattan eatery [Coco and Cru](#) to show you how to make their delicious and highly-popular Green Bowl dish.

See how to make your own Coco And Cru "Green Bowl" at home with the video, above.

Ingredients:

- *Kale pesto quinoa*
- *Sauteed kale*
- *Sauteed spinach*
- *Charred broccoli*
- *Kale pesto*
- *Sliced avocado*
- *Lemon vinaigrette*

Directions: Roast broccoli florets with salt, pepper, and olive oil. In food processor combine kale, basil, lemon juice, salt and pepper, then slowly stream in the olive oil and blend until creamy. Cook quinoa with the kale pesto. Sauté the baby spinach in olive oil, salt, and pepper. Chop kale. Slice avocado. Poach an egg and plate it with roasted broccoli, sautéed spinach, kale pesto, and avocado. Garnish with chili flakes and lemon vinaigrette. Enjoy!

Credits:

Camera: Charlotte Prager

Editor: Charlotte Prager

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