

Spiced Cauliflower Rice Bowl

2 SERVINGS 40 MINUTES



INGREDIENTS

2/3 cup Brown Rice (dry, uncooked)
1/4 tsp Sea Salt
1/2 head Cauliflower (chopped into florets)
1/4 tsp Turmeric
1/2 tsp Paprika
1/2 tsp Thyme (dried)
2 tbsps Tahini
1 Garlic (clove, minced)
1 tbsp Lemon Juice
1 tbsp Water
1 Avocado (sliced)
1/4 cup Cilantro (chopped)
1 tsp Sesame Seeds (for topping)

NUTRITION

AMOUNT PER SERVING

Calories	529	Cholesterol	0mg
Fat	26g	Sodium	369mg
Carbs	68g	Vitamin A	585IU
Fiber	14g	Vitamin C	85mg
Sugar	4g	Calcium	136mg
Protein	13g	Iron	4mg

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Cook the brown rice according to the directions on the package. Once finished cooking, add the sea salt to the rice and mix.
- 03 While the rice cooks, add the cauliflower to a medium-sized bowl and toss with the turmeric, paprika and thyme. Place on the baking sheet and bake for 30 to 35 minutes.
- 04 In a small bowl whisk together the tahini, garlic, lemon juice and water. Set aside.
- 05 Divide the rice between bowls and top with cauliflower, avocado, cilantro and sesame seeds. Drizzle the tahini dressing over top. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

ADDITIONAL TOPPINGS

Add protein to the dish such as baked tofu, chickpeas or grilled chicken.

NO BROWN RICE

Use jasmine rice, cauliflower rice, quinoa or millet instead.

