

**Product Spotlight:
Cauliflower**

Cauliflower is a member of the cabbage family! Store unwashed in the fridge until time to cook.



Cauliflower Shwarma Bowl

with Garlic Dressing

Cauliflower florets roasted with a Middle Eastern shawarma spice mix served on a bed of brown rice and quinoa, topped with fresh salad and finished with flavours of mint, lemon and garlic.



30 minutes



4 servings



Plant-Based

1 September 2023

BBQ it!

For a lovely charred flavour BBQ the cauliflower instead of roasting it! This dish is also great wrapped up like a burrito!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	17g	43g	106g

FROM YOUR BOX

CAULIFLOWER	1
SHAWARMA SPICE MIX	1 packet
SHALLOT	1
LEBANESE CUCUMBER	1
CHERRY TOMATOES	1 packet (200g)
MINT	1 packet
SKORDALIA DIP	1 tub
LEMON	1
PRE-COOKED RICE/QUINOA KIT	2 packets
DUKKAH	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, white wine vinegar

KEY UTENSILS

oven tray, kettle (optional)

NOTES

Boil water in kettle to soak the pre-cooked rice and quinoa in step 5. Alternatively, you can cook the kit in the microwave.

Shawarma spice mix: ground cinnamon, ground cardamom, ground coriander, ground turmeric, sumac, smoked paprika, ground cumin.



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1. ROAST THE CAULIFLOWER

Set oven to 220°C.

Cut cauliflower into florets. Toss on a lined oven tray with shawarma spice mix, **oil**, **salt and pepper**. Roast for 20–25 minutes until charred and cooked through.



2. PICKLE THE SHALLOT

In a non-metallic bowl, combine **1/4 cup vinegar** and **1 tsp salt**. Thinly slice shallot and add to bowl. Set aside.



3. PREPARE THE TOPPINGS

Boil **2L water** in the kettle (see notes).

Dice cucumber and quarter tomatoes. Slice mint leaves.



4. PREPARE THE DRESSING

Combine skordalia dip with zest and juice from 1/2 lemon (wedge remaining) and **1 tbsp water**. Set aside.



5. COOK THE RICE & QUINOA

Place pre-cooked rice and quinoa in a bowl. Pour over boiling water from kettle and soak for 1–2 minutes. Drain and rinse.



6. FINISH AND SERVE

Divide rice and quinoa among bowls. Top with roast cauliflower, toppings and pickled shallot. Spoon over dressing to taste and garnish with dukkah.

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