




Product Spotlight: Black Rice


Black rice has many nutritional characteristics, like being low in carbohydrates, high in fibre and a source of protein.



Spiced Wedged Cauliflower with Black Rice Tabbouleh

Cauliflower wedges, roasted with a warm spice rub and served with a capsicum sauce, topped with fresh parsley and black rice tabbouleh and finished with a sprinkle of toasted seeds.

 40 minutes

 4 servings

 Plant-Based

9 June 2023

Spice it up!

You can use a pre-made Moroccan spice rub for the cauliflower or switch the spices to a blend of ground cumin, turmeric or sumac if you have some!

Per serve: **PROTEIN** 12g **TOTAL FAT** 20g **CARBOHYDRATES** 59g

FROM YOUR BOX

BLACK RICE	150g
CAULIFLOWER	1
TOMATOES	2
LEBANESE CUCUMBER	1
SHALLOT	1
PARSLEY	2 packets
AGAVE DRESSING	2 sachets
SUNFLOWER AND PEPITA SEED MIX	1 packet
CAPSICUM DIP	1 tub

FROM YOUR PANTRY

olive oil, salt and pepper, ground coriander, ground paprika, sugar (of choice)

KEY UTENSILS

oven tray, frypan, saucepan

NOTES

Soak the parsley in a bowl of water to remove any excess sand before chopping.

You can toast the seeds in a dry frypan and leave out the sugar if preferred.

If you don't have a non-stick frypan, you can line the frypan with some baking paper to prevent any burnt parts on the bottom of the pan.



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1. COOK THE RICE

Set oven to 250°C.

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes or until tender. Drain and rinse.



2. ROAST THE CAULIFLOWER

Combine **1 tbsp ground coriander, 1 tbsp paprika, 2 tbsp olive oil, salt and pepper** in a small bowl. Wedge cauliflower into 8 pieces and place on a lined oven tray. Coat with spice mix and roast for 25–30 minutes until tender.



3. TOSS THE TABBULEH

Dice tomatoes and cucumber. Slice shallot and roughly chop parsley (see notes). Toss together with cooked rice and agave dressing. Set aside.



4. TOAST THE SEEDS

Heat a dry frypan over medium–high heat (see notes). Add seed mix, stir in **1/2 tbsp olive oil, 1/2 tbsp sugar** and a pinch of **salt**. Cook until sugar has melted and seeds are coated. Set aside on a lined plate to cool, reserve pan.



5. WARM THE SAUCE

Combine capsicum dip and **1/3 cup water** in reserved frypan. Heat over medium heat until warmed through.



6. FINISH AND SERVE

Divide capsicum sauce evenly among plates. Top with cauliflower wedges and tabbouleh. Sprinkle with seeds.

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