



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Black Rice

Forbidden Black Rice has a delicious nutty taste and magical aromas, as well as superior health benefits that make it a new alternative to white and brown rice.



3 Spiced Cauliflower Burrito Bowl

Charred florets of spiced cauliflower served on a bed of black rice with a fresh taco salad and zesty lime dressing.

 30 minutes

 4 servings

 Plant-Based

12 October 2020

Spice it up!

If you have your own Mexican spice rub you can use that on your cauliflower instead. Add some of your favourite hot sauce to the dressing or some pickled jalapeños to garnish at the end if you like a little spice!

Per serve: **PROTEIN** 15g **TOTAL FAT** 25g **CARBOHYDRATES** 79g

FROM YOUR BOX

BLACK RICE	300g
CAULIFLOWER	1
BABY COS LETTUCE	2 pack
TOMATOES	2
CONTINENTAL CUCUMBER	1/2 *
SPRING ONIONS	1/4 bunch *
AVOCADOS	2
LIME	1
GARLIC	1/2 clove

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, ground cumin, smoked paprika, sugar (of choice), balsamic vinegar

KEY UTENSILS

oven tray, saucepan

NOTES

Mash the avocado and transform into a guacamole if preferred.



1. COOK THE RICE

Set oven to 220°C.

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



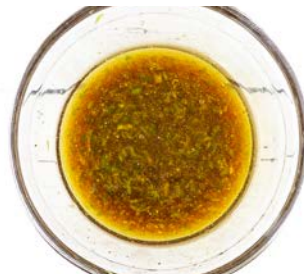
2. ROAST THE CAULIFLOWER

Cut cauliflower into florets. Toss with **2 tsp smoked paprika, 1 tbsp cumin, oil, salt and pepper** on a lined oven tray. Roast in oven for 15–20 minutes until cooked through.



3. PREPARE THE SALAD

Rinse and shred lettuce leaves. Dice tomatoes and cucumber. Slice spring onions and avocados (see notes).



4. PREPARE THE DRESSING

Whisk lime zest and juice with 1/2 crushed garlic clove, **1 tsp sugar, 1/2 tbsp balsamic vinegar** and **2 tbsp olive oil**. Season with **salt and pepper**.



5. FINISH AND PLATE

Divide rice, cauliflower and salad among bowls. Spoon over dressing to taste and serve with lime wedges.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

