



## Roast Caesar Bowl

with Parmesan Dressing

A nourishing twist on a Caesar-style dish featuring roasted sweet potato, brown rice, and charred capsicum, served with fresh lettuce, creamy avocado, and a parmesan aioli dressing.



30 minutes



4 servings



Vegetarian

## FROM YOUR BOX

BROWN RICE	300g
SWEET POTATO	800g
RED CAPSICUM	1
POTATO SALAD DRESSING	1 sachet
PARMESAN CHEESE	1 packet
BABY COS LETTUCE	1
AVOCADO	1

## FROM YOUR PANTRY

olive oil, salt and pepper, white or apple cider vinegar

## NOTES

Add hard boiled eggs, chickpeas or grilled halloumi for extra protein if desired.

## 1. COOK THE RICE

Set oven to 220°C.

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

## 2. ROAST THE VEGETABLES

Dice **sweet potato** and **capsicum**. Toss with **olive oil**, **salt**, **pepper**, and **seasoning of choice**. Spread on a lined tray and roast for **20–25 minutes** until golden and tender.

**TIP** *Add smoked paprika or dried herbs to boost flavour. You can add mushrooms or zucchini to the tray for extra bulk.*

## 3. PREPARE DRESSING AND SALAD

Blend **dressing** with **1/2 packet parmesan**, **1 tbsp vinegar**, and **1 tbsp olive oil**, **1 tbsp water** until smooth. Season with **pepper**. Rinse and tear **lettuce** leaves. Dice or slice **avocado**.

## 4. FINISH AND SERVE

Divide **cooked rice** among bowls. Top with **roast vegetables**, **lettuce**, and **avocado**. Drizzle over **parmesan dressing** to taste and sprinkle with remaining **parmesan cheese**.

**TIP** *Add toasted bread, seeds, or nuts for crunch.*

**This recipe has simplified instructions to help lower your meal cost.**