

ROAD NOTES HEALTHY RECIPE
(RVegan_life @ Instagram)

Roasted Turmeric Cauliflower with Coconut Quinoa



Ready in 30 **minutes**

Serves **1 serving**

Ingredients

- ½ cup quinoa
- 1 cup water
- 1/3 cup coconut milk
- ½ pcs cauliflower
- 1 tbsp coconut oil
- 1 tsp turmeric
- 1 tsp cumin
- 2 tbsp sesame oil
- ½ tsp sesame seeds
- 1 tbsp cilantro

Preparation

1. Set oven to 360F
2. Wash quinoa several times and put it to boil in the coconut milk and water and 1 tsp turmeric for 15 minutes.
3. Wash, cut the cauliflower and steam it for 2-3 minutes.
4. Add it to a bowl together with the rest of the turmeric and cumin, coconut oil and mix well.
5. Put it on a baking sheet and roast for about 25 minutes or until brown.
6. When ready, arrange the cauliflower on a plate with the quinoa, sprinkle some sesame oil, cilantro and sesame seeds.
7. Enjoy your dinner!

Meal Information

Calories: 880.90

Protein: 0.98 oz

Fat: 1.86 oz

Carbs: 3.10 oz

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