

# Spiced Cauliflower Rice Bowl

Susan Alsembach

Hi there,

This recipe is so simple, delicious and easy to make. The roasted cauliflower blends really well with the rice and makes this dish very satisfying.

Not only that but it will really give you a boost of energy, due to the combination of complex carbohydrates, healthy fats and proteins, this dish has it all.

So give it a try and let me know what you think!

Susan

# Spiced Cauliflower Rice Bowl

13 ingredients · 40 minutes · 4 servings



## Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Cook the brown rice according to the directions on the package. Once finished cooking, add the sea salt to the rice and mix.
3. While the rice cooks, add the cauliflower to a medium-sized bowl and toss with the turmeric, paprika and thyme. Place on the baking sheet and bake for 30 to 35 minutes.
4. In a small bowl whisk together the tahini, garlic, lemon juice and water. Set aside.
5. Divide the rice between bowls and top with cauliflower, avocado, cilantro and sesame seeds. Drizzle the tahini dressing over top. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to two days.

### Additional Toppings

Add protein to the dish such as baked tofu, chickpeas or grilled chicken.

### No Brown Rice

Use jasmine rice, cauliflower rice, quinoa or millet instead.

## Ingredients

- 1 1/3 cups Brown Rice (dry, uncooked)
- 1/2 tsp Sea Salt
- 1 head Cauliflower (chopped into florets)
- 1/2 tsp Turmeric
- 1 tsp Paprika
- 1 tsp Thyme (dried)
- 1/4 cup Tahini
- 2 Garlic (clove, minced)
- 2 tbsps Lemon Juice
- 2 tbsps Water
- 2 Avocado (sliced)
- 1/2 cup Cilantro (chopped)
- 2 tsps Sesame Seeds (for topping)