



# OVEN-ROASTED CAULIFLOWER

with Tunisian-Spiced Yogurt over Cumin-Scented Rice

PREP: 5 MIN  
TOTAL: 35 MIN

LEVEL 1

GLUTEN FREE

VEGGIE



## HELLO

### CUMIN RICE

A simple way to spice up your rice

#### INGREDIENTS:

- Yellow Onion
- Garlic
- Cauliflower Florets
- Cumin Seeds
- Basmati Rice
- Lemon
- Greek Yogurt (Contains: Milk)
- Tunisian Spice Blend
- Golden Raisins
- Cashew Pieces (Contains: Tree Nuts)
- Cilantro

#### FOR 2 PEOPLE:

- 1
- 2 Cloves
- 10 oz
- 1 tsp
- ¾ Cup
- 1
- 5.3 oz
- ½ tsp
- 1 oz
- 1 oz
- ¼ oz

#### FOR 4 PEOPLE:

- 2
- 4 Cloves
- 20 oz
- 2 tsp
- 1½ Cups
- 1
- 10.6 oz
- 1 tsp
- 2 oz
- 2 oz
- ½ oz

#### NUTRITION PER SERVING

537 cal | Fat: 12 g | Sat. Fat: 2.5 g | Protein: 20 g | Carbs: 97 g | Sugar: 20 g | Sodium: 138 mg | Fiber: 9 g

## START STRONG

Try adding ingredients like the **Tunisian spice blend** and **lemon juice to taste**—this is a great recipe for tinkering around with the different flavors, adjusting so that it's just the way you like!



## BUST OUT

- Baking sheet
- Large pot
- Medium bowl
- Zester
- Olive oil (2 tsp | 4 tsp)



### 1 PREHEAT AND PREP

#### Wash and dry all produce.

Preheat oven to 450 degrees. Halve, peel, and dice **onion**. Mince or grate **garlic**.

### 2 ROAST CAULIFLOWER

Toss **cauliflower** on a baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Roast until lightly browned and crisped, 20-25 minutes.

### 3 TOAST CUMIN RICE

While **cauliflower** cooks, heat a drizzle of **olive oil** in a large pot over medium heat. Add **onion**, **cumin seeds**, and  $\frac{3}{4}$  of the **garlic** to pot. Cook until **onion** is softened and **cumin** and **garlic** are fragrant, 4-5 minutes, tossing occasionally. Add **rice** to pot and stir until grains are translucent, about 1 minute.



### 4 SIMMER CUMIN RICE

Add **1½ cups water** and a large pinch of **salt** to pot. Bring to a boil, cover, and reduce to a gentle simmer until tender, about 15 minutes.

### 5 MAKE YOGURT SAUCE

Meanwhile, zest and halve **lemon**. Stir together **yogurt**, **lemon zest**, a squeeze of **lemon juice**,  $\frac{1}{2}$  tsp **Tunisian spice blend** (we sent more), and as much of the remaining **garlic** as you like in a medium bowl. Thin to a saucy consistency with about **1 TBSP water**. Season with **salt** and **pepper**.

### 6 PLATE AND SERVE

Divide **cumin rice** between plates and top with **cauliflower**. Drizzle with **yogurt sauce**. Sprinkle with **golden raisins** and **cashews**. Pick **cilantro leaves** from stems and scatter leaves over plate.

## BOUNTIFUL!

Have leftover spices? Use them to season veggies.