



ROASTED CAULIFLOWER SHAWARMA BOWL

SERVES 2 OR 4

TIME: 40 MIN

CALORIES: 510/SERVING



From the crispy spiced cauliflower to the bright tomato cucumber salad and the creamy tahini dressing, this vegan nourish bowl has it all. The protein and complex carbs from the quinoa, the fibre from the vegetables, and the healthy fats from the dressing will leave you feeling full, fueled, and energized!

WHAT YOU'LL NEED

- Oil
- Salt
- Pepper
- Baking sheet
- Silicone baking mat (optional)
- Small pot



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE

2 servings 4 servings

Quinoa	1/2 cup	1 cup
Cauliflower	1/2 head	1 head
Spice blend	1 tbsp	2 tbsp
Cherry tomatoes	1/2 cup	1 cup
Baby cucumbers	2	4
Shallot	1	2
Parsley	1/8 bunch	1/4 bunch
Lemon	1	1
Tahini dressing	1/4 cup	1/2 cup



Preheat the oven to 400° F. Cut the **cauliflower** into bite-sized florets, rinse the **quinoa**, cut the **cherry tomatoes** into quarters, dice the **cucumbers**, peel and finely dice the **shallot**, chop the **parsley**, and halve the **lemon**.



Toss the **cauliflower** with 1 tbsp of **oil** (2 tbsp for 4 servings), the **spice blend**, and **salt** to taste. Spread the **cauliflower** evenly over a baking sheet lined with a silicone baking mat or lightly greased, and roast for 20-30 minutes or until tender, tossing occasionally to prevent burning.



Meanwhile, add the **quinoa** and **1 cup of water** (2 cups for 4 servings) to a small pot and bring to a boil. Lower to simmer, cover and cook for 15 minutes.



Make the salad: in a medium bowl, mix together the **tomatoes**, **cucumbers**, **shallot**, **parsley**, 1 tbsp of **oil** (2 tbsp for 4 servings), and juice of **half the lemon**. Season with **salt** and **pepper** to taste.



Cut the **remaining lemon** into wedges. Divide the **quinoa** between two bowls and top with the **roasted cauliflower**, **salad**, **tahini dressing**, and a **wedge of lemon**.

Nutrition Facts		Valeur nutritive	
Per Serving (390 g)			
pour 1 (390 g)			
Calories 510	% Daily Value*		
Fat / Lipides 29 g		% valeur quotidienne*	
Saturated / saturés 4.0 g	39 %		
+ Trans / trans 0 g	20 %		
Carbohydrate / Glucides 53 g			
Fibre / Fibres 11 g	39 %		
Sugars / Sucres 8 g	8 %		
Protein / Protéines 13 g			
Cholesterol / Cholestérol 0 mg	0 %		
Sodium 210 mg	9 %		
Potassium 1200 mg	26 %		
Calcium 175 mg	13 %		
Iron / Fer 7.5 mg	42 %		
*5% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			