



TANDOORI CAULIFLOWER WITH CASHEW AND CARROT QUINOA AND CILANTRO MINT SOUR CREAM

FAST. EASY. FRESH.

1. Start by combining your **quinoa**, 1 ½ cups water, and the **vegetable bouillon** into a small bowl. Bring to a boil, then lower the heat, cover, and simmer for 12-15 minutes, or until the water is absorbed.

2. Prep your ingredients. Cut the **cauliflower** into small florets and peel and grate the **carrots**. Roughly chop the leaves of the **mint** and **cilantro**. Peel and thinly slice the **shallot** and roughly chop the **cashews**.

3. Place the **shallot** into a small bowl. Add ½ cup of water, **apple cider vinegar**, a pinch of **salt**, and **sugar** to a small pot. Bring to a boil then pour over the shallot and let marinate. In another bowl, combine the **sour cream** with the **cilantro**, **mint**, zest and juice of half the **lime**, and 1-2 Tbsp. water.

4. In a large bowl toss the **cauliflower** with the **tandoori spices**, 1 Tbsp. **olive oil** and **salt** and **pepper** to taste. Then heat the remaining **olive oil** in a pan over medium-high heat. Add the **cauliflower** and cook for 8-10 minutes, or until tender and browned.

5. Place the **quinoa** into a bowl and toss with the **carrots**, **cashews**, and **salt** and **pepper** to taste.

6. To serve, place the **quinoa** into dishes and then top with the **cauliflower**. Garnish with the **sour cream** and **pickled shallots**. Enjoy!



Ingredients (2 Person Serving – 591 Calories Per Serving)

Olive Oil	2 Tbsp.	Quinoa	¾ Cup
Cauliflower	1 Small Head	Vegetable Bouillon	1 Cube
Tandoori Spice	1 Tbsp.	Carrots	2
Fresh Mint	8 g	Apple Cider Vinegar	¼ Cup
Cilantro	Small Bunch	Sugar	1 Tbsp.
Sour Cream	½ Cup	Roasted Cashews	30 g
Lime	1	Salt and Pepper	To taste
Shallot	1		

35 Minute Cook Time!