



Spicy Cauliflower & Chickpea Rice Bowl

Serves 4

1 medium cauliflower, broken into florets

14 oz. (400g) can chickpeas, drained

1 tbsp. olive oil

3 cups cooked rice

For the sauce:

2 tbsp. sriracha

2 tbsp. tamari

1 tbsp. maple syrup

2 tsp. apple cider vinegar

2 tsp. fresh ginger, minced

2 cloves garlic, minced

1 tsp. sesame oil

2 green onions, chopped

¼ cup (30g) peanuts, chopped

What you need to do

1. Preheat oven to 230°C (450°F) and prepare a baking dish or tray.
2. Break the cauliflower into bite-size florets and place them on the tray along with drained chickpeas. Drizzle with olive oil and season to taste with sea salt and pepper—bake in the oven for 20 minutes.
3. In the meantime, prepare the sauce by mixing all the sauce ingredients in a small bowl.
4. Once cauliflower and chickpeas are roasted, remove from oven and mix with the earlier prepared sauce.
5. Increase the oven temperature to broil, return the tray into the oven and cook for about another 5 minutes.
6. Remove from the oven divide between bowls and serve with a portion of rice.

GF DF MP V N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	25 mins	380	11	57	13

*Nutrition per serving

