



From our kitchen to yours

The chefs from RBG's on-site catering team are providing weekly recipes from their kitchen for you to create at home. Bon appétit!

**VEGAN
GLUTEN-FREE**

Warm Autumn Lentil and Cauliflower Rice Bowl

OVERVIEW

Yield: 2 servings
Prep Time: 45 minutes
Total Time: 45 minutes

INGREDIENTS

½ cup dry lentils
1 tsp. cumin
1 tsp. coriander
½ cup brown basmati rice
½ head cauliflower florets
1½ Tbsp. olive oil
1 tsp. salt
2 tsp. curry powder
2 cups kale (shredded)
1 tsp. lemon juice
1½ cup carrots (spiralized or julienned)
1 green onion (chopped)

For the dressing:

1 Tbsp. olive oil
1 Tbsp. cider vinegar
1 tsp. maple syrup
½ tsp. turmeric
¼ tsp. salt and pepper
Pinch of chilli flakes

DIRECTIONS:

1. Pre-heat oven to 425 °F.
2. Cook rice and lentils according to their directions, in separate pots.
3. Toss cauliflower in the olive oil, curry powder and half a teaspoon of salt. Bake in oven for 20–25 minutes or until browned and cooked through.
4. Mix green onion and carrot together, set aside.
5. In a medium-sized bowl, rub the kale, lemon juice and half a teaspoon of salt between your fingers to breakdown the fibres in the kale. Set aside.
6. When lentils are cooked, add cumin, coriander, and season with salt and a drizzle of olive oil.
7. For the dressing: mix all the ingredients together in a small bowl.
8. To assemble the bowl: place rice, lentils, and cauliflower into bowls. Top with the rubbed kale, carrot, and green onion. Drizzle with the dressing.
9. Garnish as you like. We recommend using seeds, crushed nuts, microgreens, or sprouts.

