



U**COOK**

Roasted Cauliflower & Chimichurri Rice

with button mushrooms

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Veggie: Serves 3 & 4

Chef: Hellen Mwanza

Wine Pairing: Waterkloof | False Bay Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	357kJ	2078kJ
Energy	85kcal	497kcal
Protein	2.6g	15.4g
Carbs	15g	86g
of which sugars	2.6g	15g
Fibre	2g	11.8g
Fat	1.4g	8g
of which saturated	0.1g	0.6g
Sodium	60mg	348mg

Allergens: Sulphites, Allium

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Cauliflower Florets <i>rinse & cut into bite-sized pieces</i>
225ml	300ml	White Basmati Rice <i>rinse</i>
2	2	Onions <i>peel & roughly dice</i>
375g	500g	Button Mushrooms <i>wipe clean & cut into quarters</i>
3	4	Garlic Cloves <i>peel & grate</i>
90ml	125ml	Pesto Princess Chimichurri Sauce
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive OR coconut)
Seasoning (Salt & Pepper)
Water

1. FLAVOURFUL FLORETS Preheat the oven to 200°C. Spread the cauliflower on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 20-25 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

2. READY THE RICE Place the rice in a pot with 450ml [600ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

3. ONION & MUSHROOMS Place a pan over medium heat with a drizzle of oil. When hot, fry the onion until slightly softened, 2-3 minutes (shifting occasionally). Add the mushroom and fry until golden, 5-6 minutes (shifting occasionally). In the final 1-2 minutes, add the garlic.

4. ADD SOME GREEN Once the mushrooms are done, remove the pan from the heat and toss through the rice, ½ the chimichurri, and ½ the parsley, and season. In a small bowl, loosen the remaining chimichurri with water in 5ml increments and season.

5. GORGEOUS! Make a bed of the loaded rice and top with the golden cauli. Finish it off with the remaining chimichurri and parsley. There it is, Chef, dinner is ready!

Chef's Tip