



Golden Caribbean cauliflower

with brown rice and black bean salsa



This zesty dish is like a party in the mouth at every bite! Golden baked cauliflower, chimichurri mayo, brown rice and black bean salsa served with toasted coconut curls and lime. A rainbow of colour, packed with nutrient-dense wholegrains and legumes.



Make this dish within 5 days of receiving your meal kit



Cooking equipment: large baking tray, small pot



Pantry items needed: red wine vinegar, olive oil, agave syrup / brown sugar, chilli flakes (optional), salt, freshly ground black pepper



Hands-on: 25-30 minutes
Ready in: 35-40 minutes



Serves: 2 or 4

NO ADDED GLUTEN | CALORIE SMART | Adventurous

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Brown rice	1 packet	1 packet
Water for rice*	1½ cup	3 cups
Caribbean rice seasoning	1 packet	1 packet
Cauliflower	260g	520g
Garlic	4g	8g
Rosemary	3g	6g
Parsley	12g	24g
Coriander	15g	30g
Caribbean spice mix	1 packet	1 packet
Chilli flakes (optional)*	¼ tsp	½ tsp
Red wine vinegar*	1½ tbsp	3 tbsp
Olive oil for marinade*	1 tbsp	2 tbsp
Agave syrup / brown sugar*	1 tbsp	2 tbsp
Salt*	½ tsp	1 tsp
Lime	80g	160g
Brown onion	90g (half)	90g
Capsicum	250g	500g
Corn	1 can	2 cans
Black beans	1 can	2 cans
Mayonnaise	1 tub	1 tub
Freshly ground black pepper*	½ tsp	¼ tsp
Allspice coconut curls	1 packet	1 packet

* Pantry items

Allergens and ingredients

Allergens: sulphites.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Preheat oven and cook rice

Preheat oven to 180°C and line a baking tray. Rinse **brown rice** thoroughly in a sieve until the water runs clear. In a small pot, add **brown rice** and **water for rice*** and bring to a boil. Reduce to a simmer and cook, covered, until the water has absorbed and rice is tender, about **30 minutes**.

When cooked, remove from the heat and stir through **Caribbean rice seasoning**. Keep covered until ready to serve.

2. Prepare vegetables

Cut **cauliflower** into small florets and slice the stem thinly. Mince **garlic**. Pick **rosemary** leaves and finely chop. Finely chop **parsley** and **coriander**.

3. Make marinade and bake cauliflower

In a large bowl, add **garlic**, **rosemary**, **Caribbean spice mix**, **chilli flakes (optional)***, **red wine vinegar***, **olive oil for marinade***, **agave syrup / brown sugar*** and **salt*** and whisk to combine.

Remove a small amount of **marinade** (**½ tbsp for 2 serves** and **1 tbsp for 4 serves**) and set aside in a small bowl.

Add **cauliflower** to **marinade** and toss to coat. Add **cauliflower** onto prepared baking tray and bake until golden, about **15 minutes**.

4. Make black bean salsa

Zest **half** the quantity of **lime** (**½ for 2 serves** and **1 for 4 serves**) and then cut all the **lime** into wedges for serving. Finely dice **onion** (**½ for 2 serves** and **1 for 4 serves**). Finely dice **capsicum**. Drain and rinse **corn** and **black beans**.

In a bowl, add **lime zest**, **onion**, **capsicum**, **corn** and **black beans** and mix together.

5. Make chimichurri mayonnaise

In a small bowl, add **mayonnaise**, reserved **marinade**, **coriander**, **parsley** and **freshly ground black pepper***.

6. Serve

Serve **brown rice** in bowls topped with **cauliflower**, **black bean salsa** and **chimichurri mayonnaise**. Sprinkle over **allspice coconut curls** and serve with **lime** wedges.

Eat your way
to healthy!



Cauliflower is very low in calories yet contains some of almost every vitamin and mineral that you need. One serve of cauliflower provides 100% of your daily vitamin C and about a quarter of your daily vitamin K. It is also a great source of choline, which many of us lack.

Plus, cauliflower contains unique antioxidants that may reduce inflammation and protect against several diseases, such as cancer and heart disease.

Nutritional information*

	Per 485g serve	Per 100g
Energy	1408kJ (337Cal)	290kJ (70Cal)
Protein	12.3g	2.5g
Fat, total	9.0g	1.8g
- Saturated	1.4g	0.3g
Carbohydrate	45.0g	9.0g
- Sugars	12.0g	3.0g
Sodium	607mg	125mg

* Nutritional information is based on averages