



Herbed Cauliflower Rice with Kale

and Borlotti Beans



20-30min



2 Portions

Low-carb, low-calorie and a delicious substitute for grains with its couscous-like texture, cauliflower rice is winning the tick of approval from health-conscious eaters across the globe. Our warm dish also packs kale, borlotti beans, almonds, apricots and fresh herbs for additional nutrients, not to mention, vibrant flavour.

What we send

- cauliflower, lemon
- garlic cloves, mint, coriander
- kale
- Greek-style yoghurt ⁷
- pilaf spice mix (cumin, turmeric, cinnamon)
- slivered almonds ¹⁵
- dried apricots ¹⁷
- borlotti beans

What you'll require

- extra virgin olive oil
- sea salt and pepper

Utensils

- large frypan
- sieve

Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Milk (7), Tree Nuts (15), Sulphites (17).
May contain traces of other allergens.

Nutrition per serving

Energy 420.0kcal, Fat 13.6g, Proteins 24.0g, Carbs 38.7g



1. Prepare ingredients

Trim the **cauliflower**, then cut into florets. Rinse and drain the **borlotti beans** in a sieve. Finely chop the **garlic**. Pick the **kale leaves**, discarding the stems, then thinly slice. Finely chop the **apricots**. Juice **half the lemon** and cut the **remaining lemon** into wedges.



2. Process cauliflower

Using a food processor or box grater, pulse or grate the **cauliflower** in batches until the consistency of rice.



3. Toast almonds

Place the **almonds** in a cold large frypan over medium heat. Toast, tossing, for 3 mins or until lightly golden. Remove from pan to cool.



4. Cook aromatics

Heat the **oil** in the same pan over medium heat. Add the **garlic**, and cook, stirring, for 1 min or until golden. Add the **spice mix** and cook, stirring, for 1 min or until fragrant.



5. Cook cauliflower rice

Add the **borlotti beans** and **kale**. Cook, stirring, for 4-6 mins until kale wilts and the beans are heated through. Season with **salt and pepper**. Add the **cauliflower** and cook, stirring, for 3 mins or until well combined and hot.



6. Get ready to serve

Meanwhile, coarsely chop **mint leaves**, discarding the stems. Coarsely chop **coriander leaves** and finely chop **coriander stems**. Stir in the **apricots, coriander stems, lemon juice** to taste and **most of the herbs**. Season with **salt and pepper**. Divide among bowls and scatter over the **almonds** and the **remaining herbs**. Serve with the **yoghurt** and **lemon wedges**.