



Everything  
But The Chef

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## Cauliflower Za'atar Bowl

White rice is all well and nice, but this week we've transformed it to include all of the colours of the rainbow? This recipe is chock full of exciting colours, textures and flavours – it's like a carnival on your plate! Herby, onion-infused lentil and rice salad would be a good accompaniment with anything or even by itself, but when it gets together with caramelised pieces of za'atar coated cauliflower, that's when you've got a real party on your hands.

**Prep:** 10 mins  
**Cook:** 30 mins  
**Total:** 40 mins

**level 1**  
**gluten free**  
**nut free**  
**low sodium**

### Pantry Items



Cauliflower



Za'atar



Jasmine Rice



Red Onion



Garlic



Lentils



Carrot



Currants



Mint



Lemon



Chevre Goat Cheese

2P	4P	Ingredients	
1 portion	2 portions	cauliflower, cut into florets	A
2 tsp	1 tbs	za'atar	
1 tbs	2 tbs	olive oil *	
¾ cup	1 ⅓ cups	Jasmine rice	
1 ½ cups	3 cups	water *	
½	1	red onion, finely sliced	⊕
1 clove	2 cloves	garlic, peeled & crushed	
1 tin	2 tins	lentils, drained & rinsed	
1	2	carrot, peeled & grated	
2 tbs	4 tbs	currants	
½ bunch	1 bunch	mint, finely sliced	⊕
½	1	lemon, juiced	⊕
½ block	1 block	chevre goat cheese, crumbled	⊕

⊕ May feature in another recipe

\* Pantry Items

#### Nutrition per serving

Energy	1860	Kj
Protein	20.1	g
Fat, total	14.5	g
-saturated	4.8	g
Carbohydrate	51.2	g
-sugars	20.3	g
Sodium	223	mg

#### Measuretool

0 cm	1 cm	2 cm



**You will need:** *chef's knife, chopping board, vegetable peeler, sieve, grater, garlic crusher, baking paper lined oven tray, medium saucepan with lid, medium frying pan, and a large bowl.*

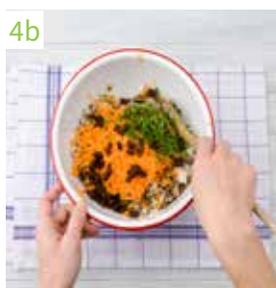
**1** Preheat the oven to **200°C/180°C** fan-forced.

**2** Toss the **cauliflower** in the **za'atar** and half of the **olive oil**. Season generously with **salt** and **pepper**. Place on the prepared oven tray in a single layer and cook for **25-30 minutes** or until tender.

**3** Meanwhile, place the **Jasmine rice** into a sieve and rinse it with water until the water becomes clear. Place the rice and **water** in a medium saucepan and bring to the boil over a high heat. Cover with a lid and reduce the heat to medium. Simmer, covered, for **10-12 minutes** or until the rice is soft and water is absorbed.

**4** Heat the remaining olive oil in a medium frying pan over a medium heat. Add the **red onion** and **garlic** and cook, stirring, for **3 minutes** or until softened. Add the **lentils** and rice and cook, stirring, for about **2 minutes** or until they dry out a little. Transfer to a large bowl. Stir through the **carrot, currants, mint** and **lemon juice**.

**5** To serve, divide the salad between bowls. Top with the za'atar cauliflower and crumbled over the **chevre goat cheese**.



**Did you know?** The word 'lens' (i.e. a contact lens) was inspired by the shape of the split lentil!