

Mexican cauliflower rice bowls

with black beans & sweet potato



Ingredients

- 800g sweet potato, peeled and cut into small cubes
- 1 tsp smoked paprika
- 1 tbsp olive oil
- 1/4 cup pumpkin seeds
- 100g feta cheese
- 1 cauliflower, cut into florets
- 1 tsp ground cumin
- 1/2 tsp turmeric
- 1/4 tsp chipotle chilli powder
- 1 garlic clove, crushed
- 1 tbsp olive oil
- 1 can black beans, drained and rinsed
- A handful of coriander, leaves and stems finely chopped plus extra for garnishing
- 2 limes, zest and juice
- 1 avocado, cut into 4 wedges
- 4 tbsp hemp seeds
- Salt and pepper



How to make

vegetarian, vegan option, gluten free

You can use vegan feta in place of the regular feta cheese or add cubes of smoked tofu for an extra level of flavour

serves 4

1

Heat your oven to 180°C and line two baking trays with baking paper. Ensure your oven has room for these two trays, one to go in the bottom third and one to go in the top third of the oven

2

Toss the sweet potato in the paprika and olive oil and season with salt and pepper before spreading it out over a baking tray and placing the tray in the bottom third of the oven to roast for 20 minutes

3

While the sweet potato is roasting, blitz your cauliflower florets in your food processor or blender until they resemble rice. Transfer your cauliflower rice to a bowl and then add the cumin, turmeric, chipotle powder, garlic, salt and pepper and olive oil and combine everything together well.

Then, spread the seasoned cauliflower rice out on the second prepared baking tray

4

After 20 minutes, flip the sweet potato and then push it to one side of the baking tray it is on. Add the pumpkin seeds to the now empty side of the tray and crumble the feta into large chunks over the sweet potato.

Place the sweet potato/pumpkin seed tray in the top third of the oven and the cauliflower rice tray in the bottom third of the oven and roast everything for a further 8 minutes or until the seeds are toasted and the rice has softened

How to make

5

While everything is roasting, toss the black beans in the coriander, lime zest and juice. Season with salt and pepper and set aside

6

Once everything is ready, prepare your bowls by dividing the sweet potato, cauliflower rice, pumpkin seeds and feta evenly between four bowls.

Then add the dressed black beans, avocado, hemp hearts and extra coriander before enjoying

Store leftovers in an airtight container for up to 4 days

