



SIMPLE, FRESH FARM BOX MEALS

NOV 6, 2023

Simple recipes so we can eat well & support local agriculture

Cauliflower Rice Bowl with Chimichurri Dressing

YOU'LL NEED

- 1 head cauliflower - florets
- 5 tbs. EV olive oil - split 2 & 3 tbs
- 1 tsp. salt
- 1/2 purple onion - cut in 1/8
- 2 carrots (rainbow) - diagonally sliced into 1/2" pieces
- 3/4 tsp. salt - more to taste
- 1/4 tsp. red pepper flakes
- 2 stalks celery - diagonally sliced into 1/2" pieces
- 8 oz. broccoli - florets
- 1/4 C Italian parsley - fine chop
- 1 C sauerkraut - optional
- 1 avocado - thin slice
- 1/4 C slivered almonds
- 3/4 C EV olive oil
- 1 tsp. lime zest
- 2 tbs. fresh lime juice
- 2 tbs. fresh lemon juice
- 1 1/2 tsp. red wine vinegar
- 4 cloves garlic - minced
- 1 tsp. salt - more to taste
- 1/4 tsp. red pepper flakes
- 1 C basil leaves - firmly pack
- 1 C Italian parsley leaves - firmly packed
- 1/2 C cilantro - firmly packed
- 1/2 C chives - firmly pack fine slice
- 1/2 avocado - pitted

ALL YOU HAVE TO DO

- Preheat oven to 400°F.
- Line three large baking sheets w/parchment paper.
- Place cauliflower florets in a food processor & pulse until consistency of couscous. In a large bowl, stir the oil & salt into the cauliflower until well combined.
- In a separate bowl, toss the onion & carrots w/1 tbs olive oil & 1/4 tsp salt & 1/8 tsp of red pepper flakes.
- Spread the cauliflower rice onto one of the baking sheets & your onion & carrots onto another & roast both baking sheets for 15 minutes on separate shelves.
- Meanwhile, toss the celery & broccolini in a bowl w/the remaining 2 tbs of olive oil, the remaining 1/2 tsp of the salt, & remaining 1/8 tsp of the red pepper flakes. Arrange the broccolini & celery in a single layer on your third baking sheet.
- After 15 minutes, remove the cauliflower rice & your onion & carrots, stir & flip, & return to the oven, along w/ the third baking sheet to cook all your vegetables & cauliflower rice for another 15 to 20 minutes.
- Remove all your baking sheets from oven when cauliflower begins to brown. Set your vegetables aside. Stir chopped parsley through the cauliflower, & set aside along w/ the other vegetables, until ready to serve.
- For the chimichurri sauce: While the vegetables & cauliflower rice are cooking, place the olive oil, lime zest, lime juice, lemon juice, red wine vinegar, garlic, salt, & red pepper flakes into the blender jar of the KitchenAid® Pro Line® Series Blender. Secure the lid & blend on speed 10 for 10-20 seconds, until the sauce is emulsified & the zest, garlic, & pepper flakes have been completely pulverized.
- Add basil, parsley, cilantro, & chives, & pulse on speed 4 or 5 for 5-10 seconds. Do this until the herbs are just broken down, but be sure to keep the dressing very loose & not completely blended. For a creamy blended dressing, add the avocado & blast on high for 5-10 seconds until smooth & creamy.
- For assembly: Divide the cauliflower rice equally among four bowls. Arrange equal portions of the onion, carrot, celery, & broccolini around the circumference of each bowl over the rice. Place 1/4 cup sauerkraut (if desired) on the side of each bowl, top with 1/4 of the sliced avocado. Sprinkle 1 tbs of sliced almonds on top of each bowl.
- Drizzle 1/4 cup of the chimichurri over each bowl. Serve immediately, allowing your family & friends to add additional chimichurri sauce as desired.

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