

Moroccan Spiced Cauliflower Bowls

Recipe adapted from hellofresh.com

Serves 4

2 cups quinoa, dry
4-5 cups water or vegetable broth
Pinch of Kosher salt
1/2 cup golden raisins
1 cup frozen peas
Zest and juice from 3 lemons, divided
1 bunch green onion, sliced
3/4 cup Greek yogurt
2 cans (15 oz) chickpeas, drained
2 heads (about 1½ lbs) cauliflower, cut into florets
1-2 cloves garlic, minced
3-4 carrots, rough chopped
1 TBSP Moroccan spice (see below), divided, or more, to taste
2 TBSP olive oil
½ cup sliced almonds, toasted

Preheat oven to 400°.

Rinse quinoa in a fine meshed sieve until soapy bubbles disappear.

In a large saucepan, bring 4-5 cups of water (or broth) and a pinch of salt to a boil. Add quinoa. Reduce heat to a simmer. Cover. Cook for 15 minutes. Remove from heat and let sit, covered, for about 15 minutes. Drain off any excess liquid. Stir in raisins and peas and fluff with a fork and set aside. Just before serving add in zest and juice from 2 lemons and green onions. Stir to combine.

In a small bowl, combine yogurt and zest and juice from 1 lemon. Set aside.

In a medium bowl, place chickpeas and 2 teaspoons olive oil. Stir to combine. Add 1 teaspoon Moroccan spice (or more) and stir to combine. Place chickpeas in a single layer on a parchment-lined baking sheet.

Place cauliflower and garlic in the same bowl. Add 2 teaspoons olive oil. Stir to combine. Add 2 teaspoons (or more) Moroccan spice and stir to combine. Place cauliflower in a single layer on a parchment-lined baking sheet.

Combine carrots with 2 teaspoons olive oil in a medium bowl and stir to combine. Place carrots in a single layer on a parchment-lined baking sheet.

Roast chickpeas, cauliflower, and carrots until each is just tender. Chickpeas should be a bit crispy on the outside. Cauliflower should have a bit of char on it. Carrots and cauliflower should both have a bit of crunch left. Remove from oven.

Divide quinoa among 4 bowls. Divide vegetables among the 4 bowls. Drizzle with lemon-yogurt sauce. Garnish with toasted almonds.

Moroccan Spice Mix

2 TBSP ground cumin
1 TBSP ground coriander
1½ teaspoons sweet paprika
1 teaspoon ground cinnamon
1 teaspoon garlic powder
1 teaspoon freshly ground black pepper
¼ teaspoon ground allspice
½ teaspoon ground ginger
½ teaspoon ground turmeric
¼ teaspoon ground cayenne

Mix all ingredients in a small bowl. Makes about 6 TBSP.

Nutrition Information per Serving Calories 853; Fat 25.9 g; Saturated Fat 2.8 g; Sodium 581.1 mg; Fiber 26 g; Sugars 32.4 g; Added Sugars 0 g; Protein 38.2 g