



Cauliflower, rice & lentil salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



12

CALORIES



385 kcal

SIDE DISH

Ingredients

- ☐ 1 kg cauliflower
- ☐ 2 tbsp olive oil
- ☐ 1 tbsp paprika
- ☐ 300 g basmati rice mix wild
- ☐ 300 g puy lentils
- ☐ 300 g raisin
- ☐ 1 large handful parsley roughly chopped
- ☐ 1 large handful mint leaves chopped

- ☐ 2 lemon zest
- ☐ 8 tbsp olive oil
- ☐ 2 tbsp citrus champagne vinegar

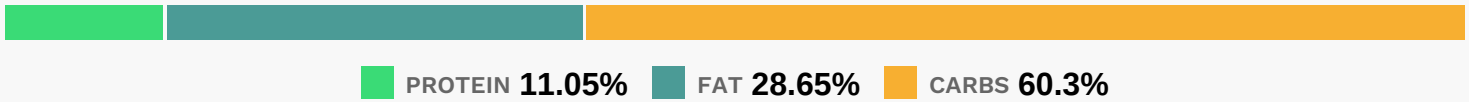
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Break the cauliflower into florets, drizzle with oil and toss with the paprika.
- ☐ Spread out in a roasting tin and roast for 40 mins until just tender. Allow to cool slightly.
- ☐ Meanwhile, rinse the rice and lentils, then put them in a saucepan with twice their volume of water. Cover and bring to the boil, reduce to a simmer and cook for 25–30 mins.
- ☐ Drain and rinse under cold water.
- ☐ To make the dressing, whisk together all the ingredients. Season and pour over the rice mixture while slightly warm, then stir in the cauliflower, raisins and parsley.

Nutrition Facts



Properties

Glycemic Index:16.58, Glycemic Load:23.38, Inflammation Score:-5, Nutrition Score:12.818260918493%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Apigenin: 0.77mg, Apigenin: 0.77mg, Apigenin: 0.77mg, Apigenin: 0.77mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 385.33kcal (19.27%), Fat: 12.54g (19.3%), Saturated Fat: 1.82g (11.39%), Carbohydrates: 59.39g (19.8%), Net Carbohydrates: 47.56g (17.29%), Sugar: 2.24g (2.49%), Cholesterol: 0mg (0%), Sodium: 35.98mg (1.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.88g (21.76%), Vitamin C: 44.62mg (54.09%), Fiber: 11.83g (47.33%), Vitamin K: 25.89µg (24.65%), Manganese: 0.48mg (24.13%), Iron: 3.31mg (18.41%), Potassium: 503.52mg (14.39%), Vitamin E: 1.94mg (12.96%), Folate: 51.54µg (12.89%), Vitamin B6: 0.26mg (12.8%), Phosphorus: 86.7mg (8.67%), Copper: 0.17mg (8.49%), Vitamin B5: 0.84mg (8.4%), Magnesium: 27.94mg (6.99%), Vitamin B2: 0.12mg (6.87%), Vitamin A: 321.85IU (6.44%), Selenium: 4.47µg (6.38%), Vitamin B1: 0.09mg (6.01%), Vitamin B3: 1.17mg (5.86%), Calcium: 52.13mg (5.21%), Zinc: 0.58mg (3.85%)