



CURRY CAULIFLOWER BOWL



1 SERVINGS



35 MINS

CALORIES
560

PROTEIN
15G

FATS
20G

CARBS
78G

INGREDIENTS

- 1 cup cooked brown rice
- 1 cup curry-roasted cauliflower
- ½ cup cooked red lentils
- ½ cup steamed kale
- ¼ cup coconut curry sauce
- 1 tablespoon toasted cashews
- Fresh cilantro for garnish
- Lime wedge for serving

METHOD

1. Toss cauliflower florets with curry powder, turmeric, salt, and olive oil, then roast at 425°F for 25 minutes.
2. Arrange brown rice as the base in your bowl, then top with curry-roasted cauliflower, cooked red lentils, and steamed kale.
3. Drizzle with coconut curry sauce, sprinkle with toasted cashews, and garnish with fresh cilantro and a lime wedge.

Pro Tip: Make a double batch of the coconut curry sauce and use it throughout the week for other dishes. For extra protein, add a soft-boiled egg on top.