



Simple | Healthy | Delicious

Black Rice, Romesco, and Roasted Veggie Bowl (Gluten Free and Vegan)



INGREDIENTS

1 medium sized head purple or white cauliflower, cut into florets. (about 3 cups)
2 small broccoli crowns, cut into florets (about 2 cups)
Olive oil
Kosher salt
Freshly ground black pepper
1 cup cooked Nature's Earthly Choice black rice
1 cup Romesco sauce
¼ cup toasted sliced almonds

DIRECTIONS:

1. Preheat the oven to 425°F and line a baking sheet with parchment paper. Place the cauliflower and broccoli on the sheet pan and drizzle with olive oil, then sprinkle with salt and pepper to taste. Roast the veggies for approximately 20-25 minutes flipping halfway through. Remove from the oven and allow to cool slightly.
2. Divide the cooked rice between 3 bowls, pile roasted veggies on top of the rice, drizzle prepared Romesco sauce, and top with a sprinkle of toasted almonds.

ROMESCO SAUCE

Ingredients:

- ¾ cup slivered almonds
- 2 cloves garlic, minced
- 2 jarred roasted red peppers, chopped
- 1 tablespoon olive oil
- 1 tablespoon red wine vinegar
- 2 teaspoons sweet paprika
- ¼ teaspoon kosher salt
- ½ cup homemade vegetable broth



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Directions:

1. Toast the almonds. Preheat a large, heavy bottomed pan, over medium-low heat. Pour the sliced almonds in the pan in a single layer. Toss frequently until fragrant and golden brown, around 5-7 minutes.
2. Place the toasted almonds in a high powered blender or the bowl of a food processor fitted with the "S" blade and pulse into fine crumbs. Add the garlic and pulse until finely chopped. Add the chopped roasted red peppers, olive oil, red wine vinegar, paprika, and salt, then puree until smooth. You will need to stop and scrape the sides every now and then to ensure that everything has been incorporated. If your blender or food processor is having a hard time blending the sauce add the vegetable broth 1 tablespoon at a time until there is enough liquid for the machine to operate properly.