



# Rice With Cauliflower

Visual Recipe  
by DAREBEE

© [darebee.com](http://darebee.com)

1 - 1lb - 500g cauliflower  
1 cup - 7oz - 200g rice  
2 tbsps tahini

**LEVEL UP!** Add spring onions and hemp hearts.

2 PORTIONS

## INSTRUCTIONS

1. Rinse rice really well.
2. Transfer the rice to a cooking pot. Cover with double the amount of water, season for taste and stir once. Bring water to a boil then lower heat to low. Cover with a lid and simmer until it has completely absorbed the water. It will take ~ 20 minutes for white rice; 35 minutes for brown rice.
3. Separate cauliflower into bite-sized florets with your hands or using a knife and wash them well. Add the florets to a cooking pot and cover with water. Bring water to a boil then lower heat to low. Simmer for 15 minutes or until the cauliflower florets are soft all the way through. Drain.
4. Add cooked rice to a plate.
5. Add cooked cauliflower to the rice and season for taste.
6. Drizzle with tahini thinned with water 1:3. Top with spring onions and hemp hearts.

