

WEEK 8

mediterranean salad in a cauliflower rice bowl

Recipe type: Main dish

Prep time: 25 min

Total time: 1 h 20 min

ingredients

4 tbsp olive oil
1 large cauliflower
2 zucchinis or eggplants,
sliced
1 cup Lebanese roasted
chickpeas
6 small tomatoes, diced
1 cucumber, diced
1/2 cup feta cheese,
crumbled
Olives
2 tbsp green onions, for
garnish
2 tbsp prepared humus

Dressing:

1/4 cup olive oil
2 tbsp pomegranate
molasses
1 garlic clove, grated

instructions

Cut the zucchinis (or eggplant) into medium-thickness rounds. Sprinkle with salt and place in a colander for 60 minutes to release the water.

Meanwhile, using a food processor with a grater attachment, a regular blade, or electric grater machine, grate the cauliflower. (It's very easily done on a regular grater).

In a large pan, heat 2 tablespoons olive oil. Add the cauliflower 'rice' and sauté 7-10 minutes or until their soft. Set aside. Cover and keep warm.

Toss the zucchinis/eggplants with salt,

pepper and the remaining 2 tablespoons olive oil. Sauté in the large pan over medium high heat for 2-3 minutes per side. Set aside and keep warm.

In a jar, mix the olive oil, pomegranate molasses, garlic and salt.

To assemble each bowl, add a spoonful of rice to each bowl. Top with several pieces of zucchinis/eggplants, cucumbers, tomatoes, feta cheese and olives. Add a dollop of humus and drizzle with the Pomegranate dressing.



The recipe is developed by Hanady Awada who is blogger @ Recipe Nomad and Food File contributor for shanghai Family magazine. For more inspiration see recipenomad.com.

第8周

地中海色拉配花菜粒



菜品类型：主食
准备时长：25分钟
总计时长：1小时20分钟

食材

4小勺橄榄油
1大只花椰菜
2只西葫芦或茄子，中等厚度切丝
250g黎巴嫩烤鹰嘴豆
1只番茄，切块
1根黄瓜，切块
125克菲达芝士
若干橄榄，切碎
2小勺香葱，点缀
2勺准备好的胡姆斯酱

佐料：

60克橄榄油
2勺石榴酱
1瓣大蒜，碾碎

步骤

将西葫芦（或茄子）滚刀法切成中等块状。用。撒上盐放在漏斗大约1小时晾干。

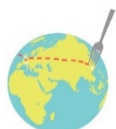
同时，用搅拌机搅拌花菜。（普通搅拌器上也非常上手）

大平底锅中倒入2勺橄榄油。加入花菜粒煮7-10分钟直至酥烂。盖上锅盖保温。

在西葫芦/茄子上撒上椒盐和2勺橄榄油。用中火每一边煎2-3分钟，放置一边。

在罐子中将橄榄油，是刘江，大蒜，盐搅拌均匀。

在每个碗中放一勺米饭，上面放几片西葫芦/茄子，黄瓜，番茄，菲达芝士以及橄榄。淋上胡姆斯酱和石榴酱。



RECIPE NOMAD

该菜单由Hanady Awada 准备。 Hanady Awada是一名博客写手@Recipe Nomad，同时也是《上海家庭》美食专栏作家。欲知更多，请登录 recipenomad.com