



Buffalo Cauliflower Taco Bowl



prep time
30-40 min



total time
1 hr, 10 min



servings
2

Ingredients

For the Cauliflower:

- 1 head cauliflower ~ 4 servings of veggies
- 2 teaspoons avocado oil ~ 2/3 serving of fat
- salt and pepper to taste
- 1/4 cup buffalo Hot Sauce

For the Salad:

- rice for two (100 grams dry) ~ 4 servings of carb
- 1 can (15 ounces)/450 grams black beans ~ 4.5 servings of protein, 4.5 servings of carb
- 1/4 teaspoon chili powder
- 1/4 teaspoon cumin
- handful cherry tomatoes ~ 1 serving of veggies
- head romaine lettuce ~ 2 servings of veggies
- 1 green onion
- 1 medium avocado ~ 2 servings of fat

For the Creamy Cashew Drizzle:

- 1/2 cup raw cashews (soaked beforehand) ~ 2 servings of fat
- 1/2 cup water
- 4 tablespoons lime juice (roughly 2 limes)
- 2-3 garlic cloves
- 6 tablespoons nutritional yeast ~ 6 servings of protein, 3 servings of carb
- 1/2 teaspoon chili powder
- 1/2 teaspoon cumin
- salt and pepper to taste

🌱 plant based entree

Instructions

- 1 Soak cashews in a bowl of water overnight OR soak for 30 minutes in a bowl of boiled water.
- 2 Preheat your oven to 400°F. Line a baking sheet with parchment paper. Cut your cauliflower into small florets, toss in the oil, pepper and salt. Place on the baking sheet and bake for 20 minutes.
- 3 While the cauliflower is baking, begin to cook your rice, following the regular rice cooking instructions for the product you have.
- 4 Chop your romaine, cherry tomatoes, avocado and green onions and set aside.
- 5 Rinse and drain your black beans. Place in a pan on the stovetop (A cast iron pan works well- if you are using a stainless steel pan you may want to oil the pan lightly first before adding the beans). Add 1/4 teaspoon of chili powder and cumin to the beans and lightly toss. Stir the beans over medium heat for roughly 5 minutes until they look a little drier. Set aside.
- 6 At this point, your cauliflower should be done. Remove from the oven and toss the cauliflower in a bowl with the hot sauce. Place back in the oven for 10 more minutes.



- 7 Prepare the dressing. Add the soaked cashews, water, lime juice, garlic, nutritional yeast, and spices to a high-speed blender and blend until smooth.
- 8 Once the cauliflower and rice are done, begin assembling your bowls!
- 9 Evenly distribute the vegetables, black beans, rice and cauliflower florets among 2 bowls. Add the cashew dressing overtop. Enjoy!

Whole Recipe Breakdown:

Protein: 10.5 servings

Carb: 11.5 servings

Fat: 4 2/3 servings

Veggies: 7 servings

