



# Herbed Cauliflower Rice Tabbouleh

Prep Time 15 mins  
 Total Time 20 mins

Meal Type Dinner, Side

Contributed By



Source [Living Plate](#)

Servings 4



## Ingredients

- 1 head cauliflower large
- 2 lemons, *freshly squeezed* (for about 1/4 cup juice)
- 2 Tbs yellow miso paste
- 2 Tbs olive oil
- 1 cup scallions, *minced* (about 1 bunch)
- 1 cup fresh mint, *minced* (about 1 bunch)
- 1 cup fresh parsley, *minced* (about 1 bunch)
- 2 seedless cucumbers, *unpeeled and diced* large
- 1 pint cherry tomatoes, *halved*
- 1/4 cup pepitas, *shelled* pumpkin seeds
- salt, *to taste*
- pepper, *to taste*

## Directions

### Prep

1. Prepare cauliflower rice: Grate raw cauliflower on box grater or chop into pieces and pulse in food processor (or you could buy it riced!)
2. Steam cauliflower: Place in steamer basket over simmering water and steam for 2 minutes. DO NOT OVER COOK. You want it to have a slight "bite".
3. Set aside to cool.

### Make

1. Whisk together lemon juice, miso and olive oil.
2. In a large bowl, toss together cauliflower, scallions, mint, parsley, cucumbers and tomatoes.
3. Drizzle with dressing, top with pumpkin seeds and season with salt and pepper to taste.

(Facts are pulled from USDA database. New FDA Nutrition Facts label with expanded macronutrient and micronutrient information coming soon!)

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
	<b>Total Fat 8.59g</b>		<b>Total Carbohydrates 26.54g</b>		
<b>Calories 185</b> per serving		13%	Dietary Fiber 6.96g	27%	
			Total Sugars 10.89g		
			<b>Protein 6.76g</b>		

© 2018 Living Plate Rx

[Terms of Use](#) | [Privacy Policy](#)

ver. 1546880566