



COREY SIEGEL

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## QUINOA AND CAULIFLOWER

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### INGREDIENTS:

- 250g Cauliflower (Grated)
- 150g Carrots (Grated)
- 200g Quinoa
- 250g Water
- 10g Salt
- 10g Lemon Zest
- 50g Olive Oil
- 10g Parsley (Chopped)

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### METHOD:

1. Combine cauliflower, quinoa, water, carrots, lemon zest and salt in a bowl and stir to mix the ingredients
2. Transfer the ingredients into a medium baking dish
3. Wrap the dish with plastic wrap and tin foil then bake in the oven at 325F for 20 minutes
4. Drizzle with olive oil, parsley and serve