

Tandoori Cauliflower & Chicken Meal Prep Bowls

12 ingredients · 40 minutes · 4 servings



Directions

1. Cook the rice according to the package directions.
2. Preheat the oven to 400 (204°C) and line a baking sheet with parchment paper.
3. In a large bowl, mix together the garam masala, smoked paprika, turmeric, cumin, and salt.
4. Add the cauliflower to the bowl with the spices along with half the oil and toss well with your hands, rubbing the spices into the cauliflower to coat. Transfer to the baking sheet.
5. Add the chicken to the same bowl and add the remaining oil. Stir well to coat the chicken in the spices. Transfer to the same baking sheet with the cauliflower. Place the baking sheet in the oven and bake for 25 to 30 minutes until the chicken is cooked through and the cauliflower is browned.
6. In a small jar, combine the tahini, lemon juice, and water and shake well.
7. To serve, divide the cauliflower, chicken, and rice into bowls and top with the tahini dressing. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

Top with cilantro or parsley.

No Rice

Use another grain such as quinoa.

Ingredients

- 1 cup Brown Rice (dry)
- 2 1/2 tsps Garam Masala
- 2 tsps Smoked Paprika
- 3/4 tsp Turmeric
- 1 1/2 tsps Cumin
- 1/2 tsp Sea Salt
- 1 head Cauliflower (chopped into florets)
- 1/4 cup Extra Virgin Olive Oil (divided)
- 1 lb Chicken Breast
- 1/4 cup Tahini
- 1 tbsp Lemon Juice
- 1 tbsp Water