



Cauliflower "Rice" Paella

Servings

4

Calories

430

Prep Time

15 minutes

Total Time

45 minutes

Skill Level

Difficult

Ingredients

- 1 (12 ounces) package Mann's Cauliflower "Rice"
- 3 tablespoon olive oil, divided
- 1 (12 ounces) soy crumbles or vegetable ground round
- 3 cloves garlic, minced
- $\frac{3}{4}$ teaspoon salt, divided
- $\frac{1}{2}$ teaspoon pepper, divided
- 1 teaspoon smoked paprika
- $\frac{1}{4}$ teaspoon red pepper flakes
- 1 onion, finely chopped
- 1 tablespoon fresh thyme, finely chopped
- 3 cloves garlic, minced
- 1 teaspoon turmeric
- 1 tablespoon tomato paste
- 1 cup canned tomatoes, diced
- $\frac{1}{2}$ cup vegetable broth
- 3 bay leaves
- 2 cups kale, chopped
- $\frac{1}{2}$ cup frozen peas, thawed
- 1 tablespoon lemon juice
- $\frac{3}{4}$ cup roasted red peppers, chopped
- 2 tablespoons fresh parsley, finely chopped
- lemon wedges





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The Method

Heat 2 tablespoons oil in large skillet set over medium heat; cook soy crumbles, garlic, ¼ teaspoons each salt and pepper, smoked paprika and red pepper flakes for 5-7 minutes or until soy crumbles are browned and cooked through. Transfer to plate.

Heat remaining oil in same skillet; cook onion, thyme, garlic and turmeric for 3-5 minutes or until onions start to soften. Stir in Cauliflower "Rice," and remaining salt and pepper; cook 1-2 minutes or until well coated. Stir in tomato paste; cook for 1 minute. Stir in diced tomatoes, vegetable broth and bay leaves; bring to boil. Reduce heat and simmer for 3 to 5 minutes until Cauliflower "Rice" is tender-crisp.

Stir in kale and peas; cook for about 3 minutes or until Cauliflower "Rice" is tender, kale is wilted and peas are heated through. Stir in lemon juice, soy crumbles and peppers; cook for about 2 minutes or until heated through. Remove bay leaves. Sprinkle with parsley and serve with lemon wedges.

Tips:

Substitute a pinch of saffron for turmeric if desired.

Serve with hot cooked rice if desired.

For a less-spicy soy crumble mixture, reduce or omit red pepper flakes.

Nutrition Facts

Servings: 381g | Servings: 4

Amount Per Serving

Calories 430 | Total Fat 13g (sat fat 2g trans 0g) | Cholesterol 0mg | Sodium 750mg | Total Carbohydrate 37g | Dietary Fiber 6g | Sugars 9g (Includes 0g Added Sugars) | Protein 60g | Vitamin D 0% | Calcium 25% | Iron 60% | Potassium 50%