

## cauliflower rice burrito bowl

SERVES 1 • READY IN 30 MINUTES OR LESS



### Ingredients:

- 1 packet Ideal Protein Vegetable Chili Mix
- 1¼ cups cauliflower florets
- 1 teaspoon sunflower oil or other select oil
- ¼ teaspoon salt
- 1 garlic clove, finely chopped
- ½ teaspoon chili powder
- ¼ teaspoon ground cumin
- ½ cup Pico de Gallo
- ¼ cup sliced red onion
- Chopped cilantro for garnish

Prepare the chili mix according to packet directions. Set aside. Place the cauliflower in a food processor and process until finely chopped, or place it on a cutting board and chop.

Heat ½ teaspoon oil in a medium nonstick skillet over medium heat. Add the cauliflower and salt. Cook, stirring, just until tender and beginning to brown, about 5 minutes. Transfer to a bowl, cover, and keep warm.

Return the skillet to medium heat. Add the remaining ½ teaspoon oil. Add the garlic, chili powder, and cumin and cook, stirring, until fragrant, about 1 minute. Add the prepared chili mix and cook, stirring, until heated through, about 2 minutes. Pour over the cauliflower rice and top with the Pico de Gallo, onion, and cilantro.