

# MIDDLE EASTERN CAULIFLOWER STEW

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2 persons / 550 kcal per person

## Ingredients:

- 400 grams of cauliflower florets
- 400 grams of diced tomatoes
- 2 tablespoons za'atar (herbs)
- 2 tablespoons apricot spread
- 115 grams of green olives (drained weight)
- 130 grams of rice
- 175 grams of Quorn pieces
- pepper and salt



## Preparation:

Cook the rice according to the description on the package. Drain the olives. If necessary, cut the cauliflower into florets. Add the cauliflower to the pan along with the Quorn pieces, za'atar, diced tomatoes, apricot spread and green olives and simmer for 10-15 minutes. Stir frequently. Season with salt and pepper if necessary.

## Nutritional value per person:

Energy:	550 kcal
Protein:	23.9 grams
Carbohydrates:	72.7 grams
- including sugars:	18.5 grams
Fat:	14.6 grams
Fiber:	15.3 grams
Salt:	4.1 grams