

Vegetable Fajita with Cauliflower Rice & Guacamole

Serves 4

Approximate preparation time: 40-50 minutes



Quantity	Ingredients	Preparation
Rice with cauliflower		
230 g	basmati rice	Cook basmati rice in water, cut cauliflower into small pieces (also use the stalk) and sauté everything in a pan. Mix cauliflower with rice and season to taste (use salt sparingly). Sprinkle with pistachios to serve.
230 g	cauliflower	
60g	pistachios	
Vegetable fajita		
1	onion (small)	Sauté the onions, courgettes, sweet peppers and garlic in the pan and season to taste (use salt sparingly).
2	courgette	
3	red pepper	Place the tortillas briefly in a hot pan to warm them, fill with the steamed vegetables and roll into a tube.
3 cloves	garlic	
280 g	wheat tortillas	
Guacamole		
2	avocados	Purée the avocados and season to taste (use salt sparingly).
BBQ sauce		
80 ml	BBQ grill sauce	Use as a dip sauce.

Fun fact

Cauliflower is in season between May and November.