

## Creamy Cauliflower Quinoa with Vegan Bolognese



*This recipe is courtesy of [Stefano Faita](#)! Enjoy !*

Preparation 10 min

Cooking 20 min

Servings 4-6

Nutrition Facts (per serving)

Calories 200

Fat 7

Carbohydrates 28

Fibre 7

Protein 10

Sodium 635

### **Ingredients**

- 1 jar [Stefano vegan bolognese sauce](#)
- 1 large cauliflower cut into florets
- 400 ml can (1  $\frac{3}{4}$  cups) coconut milk
- 1 cup quinoa
- 1 small bunch Italian parsley, chopped
- 1 medium red onion, thinly sliced
- $\frac{1}{4}$  cup rice wine vinegar

- Salt and freshly ground pepper

## Preparation

1. In a large frying pan on medium heat, add the contents of 1 jar of Stefano vegan bolognese sauce and bring to a simmer for 2-3 minutes.
2. Add coconut milk and let simmer for another 2-3 minutes before adding cauliflower florets. Simmer, uncovered, for 15-20 minutes until the cauliflower is tender but not mushy. Season with salt and pepper to taste.
3. Meanwhile, add 2 cups of cold water to a pot and 1 cup of quinoa and bring this to a simmer. Season with salt and pepper to taste. Cover and cook the quinoa for 15-18 minutes. Once it is cooked turn off the heat, remove the lid, and cover the pot with a clean kitchen cloth to absorb the steam. This will guarantee a fluffier quinoa.
4. While the cauliflower and quinoa are cooking, quickly pickle the onions by putting them in a small bowl and covering them with rice wine vinegar. Set them aside for at least 20 minutes until ready to use.
5. In a medium size serving bowl add  $\frac{3}{4}$  cup to 1 cup of cooked quinoa, 2-3 good spoonfuls of cauliflower mixture and sauce, and garnish with pickled onions, chopped parsley and sliced fresh chilies if desired. Serve en enjoy!

## Notes



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