

Cauliflower Shawarma Bowl

Recipe By Victoria Dwek



Cooking and Prep:  1 h

Serves:  6

No Allergens

Preference: Meat

Difficulty: Medium

Diet: Gluten Free

Source: Kosher.com

Exclusive

This recipe really makes a complete nutritious, and exciting meal. You can also use the [Three Onion Cauliflower Rice](#) as a base for this dish, simply add the turmeric and cumin. Add fresh pita if some at the table want. Yield: 2-3 bowls.

Watch Victoria Dwek make this tasty shawarma bowl and 3 other amazing cauliflower rice dishes [here!](#)

Ingredients (22)

Yellow Cauliflower Rice

- 1 tablespoon oil
- 1 onion, diced
- 1 (14-ounce) bag [Heaven & Earth Riced Cauliflower](#)
- 1 teaspoon salt
- 1 teaspoon turmeric
- 1/2 teaspoon cumin

Chicken

- 4-6 baby chicken thighs
 - 2 tablespoons oil
 - 3 tablespoons shawarma spice
 - 1 teaspoon salt
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Red Cabbage Salad

- 1 bag red cabbage
 - 1 tablespoon oil
 - 2 tablespoons vinegar
 - 2 teaspoons sugar or Splenda
 - 1 teaspoon salt
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Israeli Salad

- 1/2 English cucumber, very finely diced
 - 1 red pepper, very finely diced
 - 1/2 small red onion, very finely diced
 - juice of 1 lemon
 - 1/2 teaspoon salt
 - 1/4 cup fresh chopped parsley or 3 cubes **Gefen Frozen Parsley**
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For Assembly

- chummus or techina
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Start Cooking

Prepare the Cauliflower Rice

1. Heat oil in a saute pan. Add onion and saute until soft, seven minutes.

2. Add cauliflower and saute for four to five minutes, until the cauliflower is warm and any liquid has evaporated.
3. Season with salt, turmeric, and cumin. Set aside.

Prepare the Chicken

1. In a bowl, combine chicken thighs, oil, shawarma spice, and salt. You can do this ahead of time and marinate or right before cooking.
2. Grease a grill pan and heat over high heat. Once pan is hot, add chicken and cook, about four to five minutes per side. Slice into strips (if any piece didn't cook through, you can add it back to the pan).

Prepare the Red Cabbage Salad

1. Combine all ingredients.

Prepare the Israeli Salad

1. Combine all ingredients.

To Serve

1. Place cauliflower rice into two or three bowls.
2. Top with a row of chicken strips, red cabbage salad, and Israeli salad.
3. Drizzle chummus or techina over the top.