



# Cauliflower "Rice" Lemon "Cous Cous" with Parmesan Panko Crumbs

## Servings

4

## Calories

120

## Prep Time

10 minutes

## Total Time

35 minutes

## Skill Level

Medium

## Ingredients

- 1 (12 ounces) package Mann's Cauliflower "Rice"
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon curry powder (optional)
- ¼ teaspoon cumin (optional)
- 2 tablespoons olive oil
- 1 teaspoon lemon zest
- 1 tablespoon lemon juice
- 1 tablespoon chopped parsley



## Parmesan Panko Crumbs

- ¼ cup panko bread crumbs, toasted
- 2 tablespoons grated Parmesan
- 1 teaspoon lemon zest
- 1 teaspoon chopped parsley

## The Method

Preheat oven to 375° F. Sprinkle spices and olive oil on raw Cauliflower "Rice" and toss to coat evenly. Spread on parchment lined sheet pan and roast for 20 minutes. Remove from oven, toss with lemon juice, zest and parsley in serving dish.



# Cauliflower "Rice" Lemon "Cous Cous" with Parmesan Panko Crumbs

Toast panko crumbs in oven for 3-5 minutes until golden. Remove from oven and mix in Parmesan, zest and parsley. Sprinkle crumbs on Cauliflower "Rice" just before serving. Enjoy!

## **Nutrition Facts**

Serving Size: 120g | Servings: 4

### **Amount Per Serving**

Calories 120 | Calories from Fat 70 | Total Fat 8g (sat fat 1.5g trans 0g) | Cholesterol 0mg | Sodium 230mg | Total Carbohydrate 10g | Dietary Fiber 2g | Sugars 2g | Protein 3g | Vitamin A 2% | Vitamin C 90% | Calcium 4% | Iron 4%