

# Curried Cauliflower & Kale Bowl

Swick

Makes 3 servings | Active Time: 25 minutes | Total Time: 25 minutes

## Step 1: Make Fixings for Bowls

- 1 cup quinoa rinsed & drained ( $\approx$ 3 cups cooked)
- 18 fl oz unflavored plant milk ( $\approx$ 2 1/4 cups)
- 1/2 (32-fl oz) carton low-sodium vegetable broth ( $\approx$ 2 1/4 cups)
- 1 lb + 8 oz fresh or frozen cauliflower florets roughly chopped ( $\approx$ 4 1/2 cups)
- 12 oz sweet potatoes, scrubbed & chopped ( $\approx$ 2 1/4 cups)
- 3/4 yellow onion chopped ( $\approx$ 3/4 cup)
- 1 tablespoon mild curry powder (or more to taste)
- 1 dash cayenne pepper (optional)
- 3 oz kale stemmed & thinly sliced ( $\approx$ 3 cups)
- sea salt
- freshly ground black pepper
- 1 1/2 scallions (white & green parts) thinly sliced ( $\approx$ 3 tablespoons)
- 3 tablespoons roasted unsalted cashews (optional) chopped
- 1/3 teaspoon crushed red pepper flakes (optional)

### PREPARE GRAINS

In a saucepan over high heat, bring quinoa and 2 cups water to a boil. Reduce heat to low, cover, and simmer for 20 minutes. Remove from heat and let cool; fluff quinoa with a fork.

### SIMMER SOUP

In a stockpot over high heat, combine plant milk, vegetable broth, cauliflower, sweet potatoes, onions, curry powder, and cayenne pepper (if using). Cover and bring to a boil. Reduce heat to low and simmer until potatoes are tender, 15 minutes.

### FINISH SOUP

Stir in kale and cook until wilted, 1 to 2 minutes. Season with salt and pepper to taste.

### SERVE

Serve soup over quinoa. Top each bowl with scallions, then sprinkle with cashews and pepper flakes, if desired.