

# Tandoori Cauliflower Rice Bowl

**Servings:** 2 | **Prep Time:** 10 minutes | **Cook Time:** 15 minutes | **Total Time:** 25 minutes

This tandoori cauliflower rice bowl is a fast, flavorful plant-forward meal inspired by classic Indian tandoori spices. Roasted cauliflower turns crispy outside and tender inside, served over warm turmeric rice for a bold, comforting bowl ready in under 30 minutes.

## Why You'll Love This Bowl

- Big flavor with simple ingredients
- Vegetarian and easily vegan
- Oven or air-fryer friendly
- Great for meal prep
- Ready in 25 minutes

## Ingredients

### Tandoori Cauliflower

- 2 cups cauliflower florets
- 1 tsp tandoori seasoning
- 1 Tbsp yogurt
- 1 Tbsp oil

### Turmeric Rice

- 1 cup cooked rice
- Pinch ground turmeric
- Salt, to taste

## Ingredient Notes & Substitutions

- **Tandoori seasoning:** Spice levels vary; if salty, wait to add extra salt.
- **Yogurt:** Plain yogurt adds mild tang; dairy-free yogurt works for vegan.
- **Cauliflower:** Cut evenly so florets roast at the same speed.
- **Rice:** Basmati is ideal, but jasmine or long-grain also works.

## Instructions

### Step 1: Coat the cauliflower

Mix yogurt, tandoori seasoning, and oil. Add cauliflower and toss until evenly coated.

### Step 2: Roast the cauliflower (Oven)

Preheat oven to 425°F. Spread cauliflower in a single layer and roast 15 minutes, flipping halfway, until lightly charred and tender.

**Step 2 (Alternative): Air Fryer**

Preheat air fryer to 390°F and cook 12 minutes, shaking halfway, until crisp around the edges.

**Step 3: Make the turmeric rice**

Warm cooked rice and stir in turmeric and salt.

**Step 4: Assemble the bowl**

Add turmeric rice to bowls, top with cauliflower, and finish with yogurt drizzle or lemon juice.

**Tips for Best Flavor**

- Do not overcrowd the pan so cauliflower roasts, not steams.
- Taste tandoori seasoning first — heat varies by brand.
- For extra char, broil cauliflower for the final 1–2 minutes.

**Easy Add-Ons & Variations**

- Protein boost: roasted chickpeas or paneer cubes
- Fresh contrast: mint chutney or cucumber raita
- Swap veg: broccoli or tofu
- Add crunch: cashews or sliced almonds
- Make it vegan: use dairy-free yogurt or lemon instead

**Storage & Meal Prep**

**Refrigerator:** Store rice and cauliflower separately for up to 3 days.

**Reheat:** Warm in microwave or skillet; add splash of water if rice is dry.

**Meal-prep tip:** Pack lemon or yogurt separately and add before eating.