Campbell's FOODSERVICE — MADE TO SERVE™

Total Time	Serving Size
90 MIN.	**1 BOWL**

Difficulty: EASY

Yields: 8

This eye-catching power bowl, inspired by flavours of the Middle East, is packed with both flavour and nutrition.

Tip

Dukkah is a fragrant and flavourful Egyptian spice blend with sesame seeds, nuts, spices and herbs.

Tip:

INGREDIENTS

INGREDIENTS	WEIGHT		MEASURE	
Campbell's Verve Carrot and Parsnip with Ginger	1	pouch (4 lb)	1	pouch (1.81kg)
water	3	cups	750	mL
kamut, soaked in water overnight and drained	3	cups	750	mL
small cauliflower florets	6	cups	1	L
chickpeas	3	cups	750	mL
olive oil	1/4	cup	60	mL
dukkah	1/4	cup	60	mL
salt and pepper, each	1/2	tsp	3	mL
firmly packed baby kale	4	cups	1	L
olive oil	1/4	cup	60	mL
lemon zest	1	tbsp	15	mL
lemon juice	2	tbsp	30	mL
Dijon mustard	1	tsp	5	mL
honey	1	tsp	5	mL
salt	1/2	tsp	3	mL
ripe avocados, halved, pitted, peeled and sliced (6.4 oz/180 g)				
shredded beets	1	cup	250	mL
mint leaves	1/2	cup	125	mL
dukkah	2	tbsp	30	mL

INSTRUCTIONS

1. In saucepan, bring soup and water to boil; stir in soaked kamut. Reduce heat to low; cover and simmer for 30 to 40 minutes or until liquid is absorbed and kamut is tender. Let stand for 10 minutes. Keep warm for service. Makes 8 cups.

2. Preheat oven to 425°F/220°C. Toss together cauliflower, chickpeas, olive oil, dukkah, salt and pepper until well coated. Arrange on parchment paper–lined baking sheets. Bake for 15 to 20 minutes or until cauliflower is lightly charred and tender. Can be served room temperature for service. Makes 6 cups (2.5 lb).

3. Toss together kale, olive oil, lemon zest, lemon juice, mustard, honey and salt. Can be refrigerated for up to 4 hours for service.

Spoon 1 cup (250 mL) Kamut into serving bowl. Top with 3/4 cup (185 mL) Roasted Cauliflower and Chickpeas and 1/3 cup (80 mL) Lemony Kale, 3 slices avocado and 1 tbsp (15 mL) shredded beets. Sprinkle with 1 tbsp (15 mL) mint leaves and top with 3/4 tsp (4 mL) dukkah.

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