copycat cava bowl



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SUPERGREENS!

yes you can have your favorite mediterranean flavors from the comfort of home thanks to this simple-to-follow rice bowl recipe.

it's great for making ahead and assembling as a busy weeknight meal.

ingredients

for the rice:
1 cup basmati rice
1.5 cups water
1.5 tbsp avocado oil
2 tbsp fresh parsley, chopped
1/2 lemon, juiced
1/4 tsp saffron spice
1 tsp salt

for the tomato-cucumber mixture:
1 english cucumber, chopped
? cup cherry tomatoes
¼ red onion
1 tablespoon olive oil
2 tablespoons red wine vinegar
salt and pepper to taste

for the garlic dressing:
5 garlic cloves
¼ cup lemon juice (about 1.5 large lemons)
1 teaspoon kosher salt
3 tablespoons aquafaba (the liquid from a can of chickpeas)
1/3 cup avocado oil

for assembly:
1 tablespoon plain hummus
1 tablespoon red pepper hummus
2 tablespoons pickled onions
2 pickles (chopped)
6 falafel
1-2 handfuls **organicgirl SUPERGREENS!**

directions

make the rice:
– in a pot, bring 1½ cups of water to a boil.
– add rice, saffron, salt, and avocado oil. reduce to a simmer, cover, and cook for 15 minutes or until rice is tender.
– remove from heat, fluff with a fork, then stir in lemon juice and chopped parsley. set aside to cool slightly.

prepare the tomato-cucumber salad:
– in a bowl, combine cucumber, cherry tomatoes, and red onion.
– toss with olive oil, red wine vinegar, and a pinch of salt and pepper. chill until ready to use.

make the garlic dressing:
– in a blender, combine garlic, lemon juice, salt, and aquafaba. blend until smooth.
– slowly stream in avocado oil while blending until emulsified and creamy.

assemble the bowl:
– add a base of organicgirl SUPERGREENS! to each bowl.
– top with a scoop of saffron rice, a spoonful of each hummus, a handful of tomato-cucumber salad, pickled onions, chopped pickles, and 6 falafel.
– drizzle generously with garlic dressing.