



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
- 1/2 cup cherry tomatoes
- 1/4 red onion
- 1 tablespoon olive oil
- 2 tablespoons red wine vinegar
- salt and pepper to taste

for the garlic dressing:

- 5 garlic cloves
- 1/4 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.