Main dishes / England

brown rice with turkey breast and cauliflower · England

A complete grain dish with turkey breast, cauliflower and a England-inspired seasoning.

Time 40 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 280 g brown rice
- ☐ 500 g cauliflower
- ☐ 2 g dried sage
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g turkey breast
- ☐ 15 g English mustard
- ☐ 10 g fresh parsley

Let's make it.

01 Cook the brown rice in plenty of water according to its packet, then drain well.

02 Clean the cauliflower and cut into small, even pieces. Finely chop the onion.

03 Heat the oil and soften the onion for five minutes. Add the cauliflower and cook for a few minutes. Add a splash of water, cover and cook for 10 minutes.

04 Cook the turkey breast in a separate frying pan until the centre reaches at least 74°C.

05 Combine the cooked grain, vegetables and main ingredient. Stir in the English mustard, dried sage, fresh parsley and taste before serving.

AI-developed, not kitchen-tested.

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