

Broccoli and cauliflower casserole with tahini sauce

STARCH | SERVES 4 – 6

Ingredients:

- 2 cups rice
- 4 cups water
- 1-2 heads broccoli
- 1 head cauliflower approximately equal quantity to broccoli
- 4 celery stalks

Sauce:

- 6 tablespoons tahini
- 6 tablespoons tamari
- 12 tablespoons water

Method: Boil rice in water until just cooked approximately 15 minutes and drain. Cut cauliflower, broccoli and celery into small pieces. Steam for approximately 5 – 7 minutes only, making sure vegetables are not too soft. Meanwhile, combine sauce ingredients and heat, stirring often for a good blend. Add more water if thinner sauce required. Toss cooked rice and vegetables together with sauce in a large bowl and serve immediately.