

Raciones para 3

200 gr Whole grain rice

Olive oil

1 Cauliflower

Salt

130 gr Boiled chickpeas

1 Tablespoon Cumin

1 Teaspoon Cinnamon

2 Teaspoons Garlic powder

Salt

2 Tablespoons Hot sauce

Fresh coriander

Wheat tortillas

80 gr Baby spinach

- 1** Sauté the rice in a pan with a dash of oil. Cover with water and cook over medium heat for 35 minutes.
- 2** Chop the cauliflower and cook in boiling water with a pinch of salt for 5 minutes or until tender (but don't overcook). Drain.
- 3** In a frying pan, sauté the cauliflower together with the drained chickpeas and spices. Add the hot sauce. Mix the cauliflower and the rice in a bowl with chopped coriander.
- 4** Spread the filling on the wheat tortillas and add some baby spinach on top.
- 5** Roll up the wraps and brown them using the EliteGrill.

Chef's Notes

<https://cookinglovers.teka.com/es/receta/wraps-coliflor/>

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