

## 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

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

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