



## ORGANIC CAULIFLOWER WITH QUINOA AND PUMPKIN

### Ingredients

1/2 cauliflower bio Actiture  
150g of quinoa  
150g of pumpkin  
1 large garlic clove

Olive oil  
Parsley  
Salt  
Pepper powder

### Instructions

1. Cook the quinoa following the package's instructions.
2. Chop the bio Actiture cauliflower into florets, cut the pumpkin into cubes and boil them in a hot pot with salted water. At boiling point, lower the heat and leave it for about 8 minutes over medium heat. Drain and reserve.
3. Pour olive oil into a pan and add a chopped garlic clove until it browns.
4. Add the cauliflower florets, the pumpkin cubes and the quinoa into the pan. Sprinkle a pinch of chopped parsley (fresh if possible).
5. Stir carefully to combine the ingredients and flavours on low heat and let it cook to enjoy a tasty dish.