

Yellow Rice Bowls With Broccoli and Kale

A Nutritious recipe with colorful vegetables and plenty of flavor!

- 1 cup short grain [brown rice](#)* (try using our [Instant Pot method](#))
- 1 ½ teaspoons [Simply Organic](#) turmeric
- 1/2 teaspoon [kosher salt](#)
- [Best Lemon Tahini Sauce](#)
- 3 carrots
- 4 cups broccoli florets
- 4 green onions
- 1/2 bunch kale (3 large leaves)
- 3 garlic cloves
- 15-ounce can chickpeas
- 2 tablespoons olive oil
- 2 tablespoons soy sauce



Instructions

1. In a medium saucepan, stir together the short grain [brown rice](#), 2 cups water, turmeric and [kosher salt](#) bring to a boil. Cover and reduce heat to a low simmer; cook for 45 minutes. Remove from heat and keep covered to steam for 10 minutes. (After boiling, the yellow rice can leave a residue on the inside of the saucepan. Simply wash your pan in hot water and rub it with a rag, and the residue will come right off.)
2. Make the [Best Lemon Tahini Sauce](#).(Shared Below)
3. Peel and slice the carrots. Cut broccoli into florets. Thinly [slice the green onions](#); reserve 2 for a garnish. [Chop the kale](#). Peel the garlic. Drain and rinse the chickpeas.
4. In a large skillet, heat 2 tablespoons olive oil with the whole cloves garlic. Add the carrots and saute for 3 minutes, stirring often, then add broccoli and 2 green onions and saute for 3 minutes. Add the kale and ¼ cup water and saute for 2 minutes, stirring, until bright green and wilted. Add 1 pinch [kosher salt](#), chickpeas and 2 tablespoons soy sauce and cook for 2 minutes more, stirring frequently. Remove from the heat and remove the garlic cloves.
5. To serve, place vegetables and rice in a bowl and top with green onions and lemon tahini sauce.

Best Lemon Tahini Sauce

Ingredients

- 1/3 cup tahini
- 1/3 cup fresh lemon juice (2 small or 1 1/2 large lemons)
- 1 tablespoon olive oil
- 1 teaspoon maple syrup (Can substitute with honey)
- 1/2 teaspoon kosher salt
- 2 tablespoons water



Instructions

1. In a small bowl, combine the tahini, lemon juice, olive oil, maple syrup (or substitute honey), and kosher salt and whisk to combine.
2. Add the water and whisk until a creamy dressing forms; you may need to add a bit more depending on the consistency of your tahini.

Serve immediately or refrigerate and bring to room temperature before serving. Extra dressing keeps for about 1 month in a sealed container in the refrigerator.

Notes

*As a time saver, use white rice and make according to the package instructions, adding the turmeric quantity above.

Find it online: <https://www.acouplecooks.com/broccoli-and-turmeric-yellow-rice-bowls-recipe/>

Also find it here: <https://www.acouplecooks.com/best-lemon-tahini-sauce/>

Shared by FitRec Personal Trainer – Jay Guerrero