

Uruguayan Chimichurri Lentil Bowl

Ingredients

- 1 cup cooked brown lentils
- 1 cup steamed cauliflower florets
- ½ cup roasted red bell pepper, sliced
- ¾ cup cooked brown rice
- ½ avocado, sliced
- ½ cup cooked chickpeas
- ¼ cup thinly sliced red onion
- 2 tbsp balsamic-pickled red onions
- Lime wedges for serving

- Salt and black pepper to taste

For the Chimichurri Sauce

- ¼ cup fresh parsley, chopped
- 2 tbsp olive oil
- 1 tbsp red wine vinegar
- 1 clove garlic, minced
- Pinch of red chili flakes
- Salt to taste

Instructions

1. In a small bowl, whisk together all ingredients for the chimichurri sauce. Set aside.

2. In a large bowl or plate, start layering the bowl: add brown rice as the base.
3. Arrange the lentils, cauliflower, roasted red peppers, chickpeas, avocado, and raw red onions in sections.
4. Top with balsamic-pickled red onions and a wedge of lime.
5. Drizzle chimichurri sauce generously over the bowl.
6. Serve immediately or chill for a few hours to let flavors blend.

Health Benefits

- **Lentils & Chickpeas:** Rich in plant-based protein and fiber, great for gut and heart health.

- **Cauliflower:** Supports liver detox and provides antioxidants.
- **Avocado:** Full of healthy fats and supports skin health.
- **Red Onions & Red Peppers:**
Anti-inflammatory and rich in vitamin C.
- **Chimichurri Sauce (Parsley + Garlic):**
Anti-bacterial and boosts digestion.