



# Pesto Turnip & Broccoli 'Rice'

Adapted from: <https://inspiralized.com>

Prep time: 20 min

Cook time: 15 min

Total time: 35 min

## Ingredients

- 2.5 cups small broccoli florets
- 2 large turnips, peeled, Blade C
- 1 tablespoon extra virgin olive oil
- 1 large garlic clove, minced
- 1 pinch red pepper flakes
- salt and pepper, to taste

## For the pesto:

- 1.5 cups basil leaves, packed
- 2 tablespoons pine nuts
- 1/4 cup olive oil
- 1/2 tsp grinded sea salt
- 1/4 tsp grinded pepper
- 1 tablespoon Nutritional Yeast
- 1 large clove of garlic, minced

## Instructions

1. Bring a medium saucepan filled halfway with water to a boil. Once boiling, add in the broccoli and cook for 2-3 minutes or until more easily pierced with a fork. Drain into a colander and pat dry thoroughly. Set aside.
2. While waiting for broccoli to cook, place the turnip noodles into a food processor and pulse until rice-like. Set aside the rice and wipe out the food processor and set aside for later use.
3. Place a large skillet over medium heat and add in the olive oil. Once heated, add in the garlic and red pepper flakes. Cook for 30 seconds or until fragrant and then add in the turnip rice and broccoli. Season with salt and pepper and cook, covered for about 5 minutes or until softened to a rice-like consistency.
4. While turnip rice is cooking, add all the ingredients for the pesto into the food processor and pulse until creamy. Taste and adjust to your preference.
5. Once turnip rice is cooked through, transfer to a large mixing bowl and add in the pesto. Toss to combine and set aside.
6. Divide the pesto turnip rice onto plates (can top w with a drained poached egg or other protein). Serve immediately.