

Roasted Cauliflower & Wild Rice Salad with Lentils

A vibrant, fiber-rich grain bowl featuring roasted spiced cauliflower, nutty wild rice, and protein-packed lentils—perfect for steady blood sugar levels.

Prep: 20 min

Cook: 40 min

Total: 60 min

Servings: 12

GL 15.3 / GI 48

Ingredients

Low GI vegetable, high in fiber cauliflower, broken into florets

Healthy fat, slows glucose absorption olive oil for roasting

Antioxidant spice, no glycemic impact paprika

Wild rice lowers overall GI compared to white basmati alone basmati and wild rice mix

Low GI (29), high protein and fiber Puy lentils, dried

Medium GI (64), use sparingly or reduce amount raisins

Large handful, rich in antioxidants fresh parsley, roughly chopped

Large handful, aids digestion fresh mint leaves, chopped

Vitamin C enhances nutrient absorption lemons, zest and juice

Healthy monounsaturated fats extra virgin olive oil for dressing

Acidity helps lower glycemic response white wine vinegar

Instructions

Step 1

Preheat your oven to 200°C (180°C fan/400°F/gas mark 6). Line a large baking sheet with parchment paper.

Step 2

Cut the cauliflower into bite-sized florets of similar size for even roasting. Place them in a large bowl, drizzle with 2 tablespoons olive oil, and sprinkle with paprika. Toss thoroughly until all florets are evenly coated with the spiced oil.

Step 3

Spread the cauliflower florets in a single layer on the prepared baking sheet, ensuring they don't overlap. Roast for 35-40 minutes, turning once halfway through, until golden brown at the edges and tender when pierced with a fork. Remove from oven and let cool to room temperature.

Step 4

While the cauliflower roasts, rinse the rice and lentils together in a fine-mesh strainer under cold running water until the water runs clear. Transfer to a large saucepan and add water at a 2:1 ratio (approximately 1.2 liters of water for 600g combined grains and lentils).

Step 5

Bring the rice and lentils to a boil over high heat, then immediately reduce to a gentle simmer. Cover with a tight-fitting lid and cook for 25-30 minutes until both the rice and lentils are tender but still have a slight bite. Drain any excess liquid and rinse under cold water to stop the cooking process and cool the mixture.

Step 6

Prepare the herb dressing by whisking together the lemon zest, lemon juice, 8 tablespoons olive oil, and white wine vinegar in a small bowl. Season generously with sea salt and freshly ground black pepper to taste.

Step 7

Transfer the cooled rice and lentil mixture to a large serving bowl. Pour the dressing over while the grains are still slightly warm to help them absorb the flavors. Add the roasted cauliflower florets, raisins (or walnut substitute), chopped parsley, and mint leaves.

Step 8

Toss everything together gently but thoroughly, ensuring the dressing coats all ingredients evenly. Taste and adjust seasoning if needed. Serve at room temperature for best flavor and optimal blood sugar response. This salad can be made up to 2 days ahead and stored covered in the refrigerator. Each serving provides approximately 1.5 cups of salad.