



Sparkle Kitchen

Nettle and Cauliflower Casserole

Recipe for 4 adults

Ingredients:

1 grocery bag full of nettles (like spinach, they shrink A LOT when cooked)

1 cup of chopped cauliflower

1 cup of brown rice

2 cups of vegetable stock

8 oz of creme fraiche or sour cream

grated Parmigiano Reggiano (or Pecorino Romano) for additional yummy-ness

salt and pepper to taste

Directions:

Start by prepping your nettles, (basically boil, drain, chop). Boil the chopped cauliflower until tender and then drain and set aside with the drained chopped nettles.

Using a good vegetable stock, cook one cup of rice in a big pot until tender and all the stock is absorbed and the rice is cooked through. Turn off the heat and fluff the rice with a fork. Add the cauliflower and nettles to the rice, as well as the creme fraiche. Mix until combined, then add salt and pepper to taste. Sprinkle on grated parmiggiano and serve warm.

** It reheats well the next day and is yummy served cold too.

Enjoy!