



RECIPE

MOROCCAN CAULIFLOWER SALAD

DRESSING INGREDIENTS

- 2 cloves garlic, peeled and crushed
- 40g tahini
- 40g lemon juice
- 60g light tasting olive oil
- 1 tsp cumin
- ½ tsp salt
- ¼ tsp tumeric powder
- 1 pinch of freshly cracked pepper

SALAD INGREDIENTS

- 500g of roasted pumpkin, diced in 2cm cubes
- 40g almonds
- 1 handful fresh mint leaves
- 1 handful fresh continental parsley
- 1 large brown onion, chopped
- 2 cloves of garlic, peeled and chopped
- 20g olive oil
- 500g cauliflower blitzed to rice consistency
- 150ml of chicken or vegetable broth
- 300g of baby spinach leaves
- 100g of raisins

QUICK TIP

For a nut-free option, omit the almonds and replace with roasted sunflower seeds/pepitas

METHOD

Combine all dressing ingredients, mix well and put aside.
Combine almonds, parsley and mint, blitz in processor and put aside
Fry onion and garlic in olive oil for 2 to 3 minutes on medium heat and then add in blitzed cauliflower and stir for 2 to 3 minutes.
Add in chicken or vegetable broth combine and place lid on pan for about 2 minutes or until cauliflower is slightly tender but still has a bite to it. Remove from heat.
Combine all ingredients together to make salad.