

Roasted Cauliflower With Israeli Couscous

Bialik College Kitchen Garden Program

Ingredients:

- olive oil
- 250g Israeli couscous
- 2 cups vegetable stock
- 1 small cauliflower cut into florets
- 2 tablespoons za'atar
- 300g greens from the garden, stems removed & leaves shredded.
- 2 tablespoons pumpkin/sunflower seeds, toasted
- 2 tablespoons parsley, chopped

Equipment:

- saucepan with lid
- metric measuring cups/spoons
- chopping board
- knife
- frying pan
- baking tray

Method:

1. Combine cauliflower florets, a good drizzle of olive oil, za'atar, salt & pepper in a bowl. Spread on a baking tray covered in baking paper and roast for 35 minutes.
2. Heat 1 tablespoon of olive oil in a saucepan over medium heat and add couscous. Stir to toast for a minute or two. Add 2 cups of vegetable stock, reduce heat to low and place a lid on. Cook for 8 minutes.
3. Meanwhile, sauté shredded greens in a little olive oil, season to taste and set aside.
4. Toast seeds in a dry frying pan until golden.
5. Combine cauliflower, couscous & greens on a platter. Top with toasted seeds and some chopped parsley.