

Roasted Cauliflower Salad with Lemon Tahini dressing

Bialik College Kitchen Garden Program



Ingredients:

- 1 head cauliflower, chopped into small florets
- ½ red onion, sliced
- 2 tablespoons olive oil
- ½ bunch parsley, roughly chopped
- Salt & pepper, to taste
- LEMON TAHINI DRESSING**
- 1/3 cup tahini
- 1/3 cup water
- ¼ cup lemon juice
- 2 cloves garlic, minced
- ½ teaspoon ground cumin
- ¼ teaspoon paprika
- ¼ teaspoon salt
- SPICED CHICKPEAS**
- 400g can chickpeas, drain and rinse
- 1 tablespoon olive oil
- ½ teaspoon paprika
- ¼ teaspoon garlic powder
- ¼ teaspoon ground cumin
- Salt & pepper, to taste

Equipment:

- Metric measuring cups, spoons and scales
- Chopping board
- Cook's knife
- Mixing bowls
- Oven tray
- Baking paper
- Mixing bowls
- Frying pan
- Wooden spoon
- Colander
- Citrus juicer
- Serving bowls

Method:

1. Preheat oven to 200C. Place cauliflower florets and sliced red onion on a lined baking tray. Drizzle with olive oil and season with salt and pepper and toss until coated in oil, salt and pepper.
2. Roast the cauliflower and onions for 20 minutes, then stir, return to oven and roast for an additional 10-15 minutes or until the cauliflower is tender and browned on the edges. Let the cauliflower cool slightly.
3. While the cauliflower and onions are roasting, make the lemon tahini dressing. Add the tahini, water, lemon juice, garlic, cumin, paprika, and salt to a small bowl and whisk together to combine.
4. Add chickpeas to a frying pan along with olive oil, paprika, garlic powder, cumin, pinch of salt and pepper. Stir to cook the chickpeas over medium heat for approximately five minutes, or until they sizzle and become slightly crispy. Remove the chickpeas from the heat.
5. To make the salad, combine the roasted cauliflower and onions in a bowl with the spiced chickpeas and chopped parsley. Drizzle the lemon tahini dressing over the top and gently toss to combine. Sprinkle with pomegranate or some crumbled feta before serving.