

Roasted Cauliflower Salad

Bialik College Kitchen Garden Program



Bialik College

Ingredients:

- ☐ **Roasted Cauliflower:**
- ☐ 1 large cauliflower, cut into florets
- ☐ 2 tablespoons olive oil
- ☐ ½ teaspoon each salt and pepper
- ☐ **Salad:**
- ☐ 2 celery stalks, cut into 0.5cm slices on the diagonal
- ☐ 1/3 cup pumpkin and sunflower seeds
- ☐ ½ pomegranate, seeds only
- ☐ 1 cup parsley leaves
- ☐ **Dressing:**
- ☐ 2 tablespoons olive oil
- ☐ 1/3 teaspoon cinnamon
- ☐ 1/3 teaspoon all spice
- ☐ 1 tablespoon red wine vinegar
- ☐ 1 and ½ teaspoon maple syrup
- ☐ ¼ teaspoon each salt and pepper

Equipment:

- ☐ Metric measuring spoons and cups
- ☐ Chopping board
- ☐ Cook's knife
- ☐ Mixing bowls
- ☐ Baking tray
- ☐ Baking paper
- ☐ Wooden spoon
- ☐ Silicon spatula
- ☐ Serving bowls

Method:

1. Preheat oven to 200C fan forced.
2. Place cauliflower florets in a mixing bowl and toss with oil, salt and pepper. Spread on a lined baking tray and roast for 20 minutes. Then turn and roast for a further 5 minutes until the edges are golden brown and the cauliflower is cooked through.
3. Transfer roasted cauliflower to a bowl and let cool for 20 minutes.
4. While cauliflower is roasting, toast seeds in a dry frypan until golden. Allow to cool in frypan.
5. Place roasted cauliflower, sliced celery, parsley and toasted seeds into a mixing bowl. Sprinkle over cinnamon, allspice, salt and pepper. Drizzle with olive oil, maple syrup and vinegar. Toss gently with a rubber spatula.
6. Transfer salad mixture to a serving bowl and scatter over pomegranate seeds.
7. Serve at room temperature. Enjoy!

*Based on "Roasted Cauliflower and Hazelnut Salad" from Yotam Ottolenghi's cookbook *Jerusalem*.