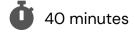


# **Spiced Wedged Cauliflower**

## with Black Rice Tabbouleh

Cauliflower wedges, roasted with a warm spice rub and served with a capsicum sauce, topped with fresh parsley and black rice tabbouleh and finished with a sprinkle of toasted seeds.







You can use a pre-made Moroccan spice rub for the cauliflower or switch the spices to a blend of ground cumin, turmeric or sumac if you have some!

TOTAL FAT CARBOHYDRATES

20g

59g

#### FROM YOUR BOX

BLACK RICE	150g
CAULIFLOWER	1
TOMATOES	2
LEBANESE CUCUMBER	1
SHALLOT	1
PARSLEY	2 packets
AGAVE DRESSING	2 sachets
SUNFLOWER AND PEPITA SEED MIX	1 packet
CAPSICUM DIP	1 tub

#### FROM YOUR PANTRY

olive oil, salt and pepper, ground coriander, ground paprika, sugar (of choice)

#### **KEY UTENSILS**

oven tray, frypan, saucepan

#### **NOTES**

Soak the parsley in a bowl of water to remove any excess sand before chopping.

You can toast the seeds in a dry frypan and leave out the sugar if preferred.

If you don't have a non-stick frypan, you can line the frypan with some baking paper to prevent any burnt parts on the bottom of the pan.



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#### 1. COOK THE RICE

Set oven to 250°C.

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 15-20 minutes or until tender. Drain and rinse.



#### 2. ROAST THE CAULIFLOWER

Combine 1 tbsp ground coriander, 1 tbsp paprika, 2 tbsp olive oil, salt and pepper in a small bowl. Wedge cauliflower into 8 pieces and place on a lined oven tray. Coat with spice mix and roast for 25-30 minutes until tender.



#### 3. TOSS THE TABBOULEH

Dice tomatoes and cucumber. Slice shallot and roughly chop parsley (see notes). Toss together with cooked rice and agave dressing. Set aside.



#### 4. TOAST THE SEEDS

Heat a dry frypan over medium-high heat (see notes). Add seed mix, stir in 1/2 tbsp olive oil, 1/2 tbsp sugar and a pinch of salt. Cook until sugar has melted and seeds are coated. Set aside on a lined plate to cool, reserve pan.



### **5. WARM THE SAUCE**

Combine capsicum dip and 1/3 cup water in reserved frypan. Heat over medium heat until warmed through.



#### 6. FINISH AND SERVE

Divide capsicum sauce evenly among plates. Top with cauliflower wedges and tabbouleh. Sprinkle with seeds.

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