



Product Spotlight: Harissa Paste

Made in Tasmania, Island Curries' harissa is a delicious red chilli pepper-based paste frequently seen in Moroccan cuisine. It's gluten-free and has no added preservatives or fillers.



Harissa Roasted Cauliflower Pitas with Tabbouleh

Cauliflower and chickpeas roasted in harissa paste and served with lemony skordalia and fresh lettuce in pita pockets with a side of fresh, zingy, minty tabbouleh.



30 minutes



2 servings



Plant-Based

15 September 2023

Switch it up!

*Use the pita pockets as pizza bases!
Spread skordalia over the pitas, top with
roasted vegetables and fresh ingredients!*

Per serve: **PROTEIN** 26g **TOTAL FAT** 34g **CARBOHYDRATES** 111g

FROM YOUR BOX

CAULIFLOWER	1/2
TINNED CHICKPEAS	400g
HARISSA PASTE	1 sachet
LEMON	1
SKORDALIA	1 tub
SHALLOT	1
MINT	1 packet
TOMATO	1
LEBANESE CUCUMBER	1
PITA POCKETS	5-pack
BABY COS LETTUCE	1

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

KEY UTENSILS

oven tray

NOTES

Use clean hands or a cooking spoon to toss the cauliflower and chickpeas to ensure the harissa paste evenly coats.

To warm pitas add to a dry frypan for 10 seconds each side or place in warm oven for 3-5 minutes.

No gluten option – buckwheat and chia wraps. Prepare according to packet instructions and make wraps with fillings.



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1. ROAST THE CAULIFLOWER

Set oven to 220°C.

Chop cauliflower into florets. Drain and rinse chickpeas. Add to a lined oven tray. Coat with **oil**, harissa paste, **salt and pepper** (see notes) and toss well. Roast for 20-25 minutes until cauliflower is tender and chickpeas are crisp.



4. MAKE THE TABBOULEH

Finely chop mint leaves. Dice tomato and cucumber. Add to dressing bowl as you go. Mix to combine and season with **salt and pepper**.



2. MIX THE SKORDALIA

Zest lemon (reserve remaining for step 3). Add to a bowl along with skordalia. Stir to combine.



5. PREPARE THE PITAS

Cut pitas in half and open to make pockets (see notes).

Thinly slice lettuce.



3. MAKE THE DRESSING

Juice 1/2 lemon (wedge remaining for serving). Dice shallot. Add to a large bowl as you go. Whisk to combine. Pour in **1 tbsp olive oil**. Whisk to emulsify.



6. FINISH & SERVE

Fill pitas with roasted cauliflower and chickpeas, lettuce and skordalia. Serve with tabbouleh and lemon wedges.

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