




### 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

 4 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:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	16g	30g	71g

## FROM YOUR BOX

CAULIFLOWER	1
TINNED CHICKPEAS	400g
HARISSA PASTE	2 sachets
LEMON	1
SKORDALIA	1 tub
SHALLOT	1
MINT	1 packet
TOMATOES	3
LEBANESE CUCUMBERS	2
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 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 tomatoes and cucumbers. 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 and **2 tsp water**. 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 **2 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.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

