



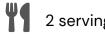


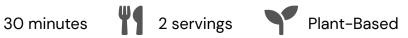
Spiced Cauliflower and Lentils

with Baba Ganoush

A Middle Eastern-inspired share platter with baba ganoush, topped with spiced cauliflower and lentil salad with fresh tomato and lemon dressing, served with cocktail naan bread for dipping.







Use the BBQ!

The cauliflower is delicious when cooked on the BBQ. The extra char gives the dish a lovely smokey flavour that works well with the lemon and baba ganoush!

TOTAL FAT CARBOHYDRATES

25g

82g

FROM YOUR BOX

CAULIFLOWER	1
LEMON	1
TINNED BROWN LENTILS	400g
томато	1
COCKTAIL NAAN BREAD	9-pack
BABA GANOUSH	1 tub
MINT	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, cumin seeds, ground turmeric

KEY UTENSILS

oven tray, frypan (optional)

NOTES

The oven is set at 250°C to achieve extra char on the cauliflower. If your oven doesn't reach that high, you can set it at 220°C and cook until tender instead.

You can use ground cumin, ground coriander, curry powder or garam masalaa on the cauliflower if preferred.

No gluten option - cocktail naan bread is replaced with GF flatbread. Toast flatbread in the oven for 2-3 minutes until warmed through. Slice to serve.





1. ROAST THE CAULIFLOWER

Set oven to 250°C (see notes).

Cut cauliflower into small florets. Toss on a lined oven tray with oil, 2 tsp cumin seeds, 1 tsp turmeric, salt and pepper (see notes). Roast for 20–25 minutes until cooked through.



2. PREPARE THE DRESSING

Whisk zest and juice from 1/2 lemon (wedge remaining) with **2 tbsp olive oil** in a large bowl.



3. ADD THE LENTILS

Drain lentils and dice tomato. Add to bowl with dressing.



4. WARM THE NAAN BREAD

Warm the naan bread in a dry frypan for 1-2 minutes each side. Alternatively, wrap bread in baking paper and place in oven for 2-3 minutes until warmed through.



5. TOSS THE CAULIFLOWER

Toss cauliflower with lentils and dressing until well combined.



6. FINISH AND SERVE

Spread baba ganoush over a large serving plate. Top with cauliflower and lentil salad. Slice mint leaves and use to garnish. Serve with naan bread 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



