

**Product Spotlight:
Cauliflower**

Cauliflower is actually part of the cabbage family! Store it unwashed in the fridge until time to cook.



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.



30 minutes



2 servings



Plant-Based

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!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	25g	49g	82g

FROM YOUR BOX

CAULIFLOWER	1
LEMON	1
TINNED BROWN LENTILS	400g
TOMATO	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.



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