

**Product Spotlight:  
Cauliflower**

The cauliflower is actually part of the cabbage family! Store 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 a spiced cauliflower and lentil salad with fresh tomato and lemon dressing, served with cocktail naan bread for dipping.



30 minutes



2 servings



Vegetarian

December 2022 - January 2023

## 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 vegetables. 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 or ground coriander on the cauliflower if preferred. Curry powder or garam masala also works well for a more Indian inspired dish.

**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 VEGETABLES

Set oven to 250°C.

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.



### 4. WARM THE NAAN BREAD

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



### 5. TOSS THE CAULIFLOWER

Toss roast vegetables 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**

