



### Product Spotlight: Pistachios

The pistachio nut is also known as the 'happy' nut because of its bright green colour. They are also loved for being a good source of protein and healthy fats!



## Lebanese Roast Cauliflower with Mint and Pistachios

Roast cauliflower and crispy chickpeas with warm flavours of cinnamon and cardamom tossed with buckwheat, mint and a lemon maple dressing with pops of sweetness from dried cranberries.



35 minutes



2 servings



Plant-Based

## Add more!

*You can easily add more vegetables to this dish! Roasted zucchini, mushrooms or capsicum work well. Add some fresh parsley or rocket leaves if you have some.*

Per serve: **PROTEIN** 17g **TOTAL FAT** 10g **CARBOHYDRATES** 48g

## FROM YOUR BOX

|                         |          |
|-------------------------|----------|
| BUCKWHEAT               | 100g     |
| CAULIFLOWER             | 1        |
| TINNED CHICKPEAS        | 400g     |
| RED ONION               | 1        |
| SHAWARMA SPICE MIX      | 1 packet |
| LEMON                   | 1        |
| MINT                    | 1 packet |
| CRANBERRY/PISTACHIO MIX | 1 packet |

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, maple syrup

## KEY UTENSILS

saucepan, oven tray

## NOTES

Pat chickpeas dry with a paper towel for an extra crispy finish.

*Shawarma spice mix: ground cinnamon, cardamom, coriander, turmeric, sumac, smoked paprika, cumin.*



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### 1. COOK THE BUCKWHEAT

Set oven to 220°C.

Place **buckwheat** in a saucepan and cover with water. Bring to the boil and cook for 10–15 minutes until tender. Drain and rinse.



### 4. FINISH AND SERVE

Roughly chop **mint leaves**. Toss all together with **roast vegetables, chickpeas, dressing, cranberry and pistachio mix**. Divide among plates and serve with **lemon wedges**.



### 2. ROAST THE CAULIFLOWER

Cut **cauliflower** into small florets. Drain **chickpeas** (see notes). Wedge **red onion**. Toss all on a lined oven tray with **spice mix, oil, salt and pepper**. Roast in oven for 20–30 minutes until cooked through.



### 3. PREPARE THE DRESSING

Whisk together **zest and juice from 1/2 lemon** (wedge remaining) with **1 tbsp maple syrup and 2 tbsp olive oil**. Season with **salt and pepper**.

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