

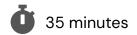




# **Lebanese Roast Cauliflower**

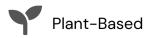
## with Mint and Pistachios

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.





2 servings



# 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.

TOTAL FAT CARBOHYDRATES

20g

66g

#### **FROM YOUR BOX**

BUCKWHEAT	100g
CAULIFLOWER	1/2
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.



#### 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.



#### 2. ROAST THE CAULIFLOWER

Cut cauliflower into small florets. Drain chickpeas (see notes). Wedge 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.



### 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.



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