



### 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	TOTAL FAT	CARBOHYDRATES
	20g	23g	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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