



### Product Spotlight: Cauliflower

Cauliflower is chock full of vitamins and minerals! It offers a good source of choline which assists in brain development, improving learning and memory!



## Harissa Roasted Cauliflower Steaks with Whipped Ricotta

Cauliflower steaks coated in harissa paste, roasted with chickpeas until crispy and served over lemon honey whipped ricotta with a fresh tabbouleh salsa.

 35 minutes

 2 servings

 Vegetarian

### Switch it up!

*Instead of making whipped ricotta, add dollops of ricotta to the oven tray, drizzle with oil, season with salt and pepper and roast with cauliflower.*

Per serve: **PROTEIN** 19g **TOTAL FAT** 27g **CARBOHYDRATES** 38g

## FROM YOUR BOX

HARISSA PASTE	1 sachet
CAULIFLOWER	1/2
TINNED CHICKPEAS	400g
LEMON	1
RICOTTA	1 tub
LEBANESE CUCUMBER	1
TOMATO	1
MINT	1 packet
GARLIC CLOVE	1

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, honey

## KEY UTENSILS

oven tray, stick mixer or small blender

## NOTES

Cut the cauliflower steaks from the cut side of the 1/2 cauliflower, working your way out to the edge. Add any loose florets to the oven tray to roast.

If you don't have a stick mixer or blender, add the ingredients to a bowl and mix to combine.



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### 1. ROAST THE CAULIFLOWER

Set oven to 220°C.

Add **harissa** to a bowl with **2 tsp oil** and mix to combine. Cut **cauliflower** into 2cm steaks (see notes) and place on a lined oven tray. Spoon or brush harissa all over the cauliflower steaks.



### 2. ADD THE CHICKPEAS

Drain and rinse **chickpeas**. Add to oven tray with cauliflower. Drizzle with **oil** and season with **salt and pepper**. Roast for 25–30 minutes until cauliflower is tender and chickpeas are crispy.



### 3. WHIP THE RICOTTA

**Zest lemon to yield 2 tsp** (reserve remaining lemon for step 4). Add to a jug along with **ricotta**, **1/2 tsp honey**, **2 tsp olive oil** and **salt**. Use a stick mixer (see notes) to whip.



### 4. MAKE THE TABBOULEH SALSA

Finely dice **cucumber** and **tomato**. Finely chop **mint leaves**. Crush **garlic clove**. Add to a bowl as you go along with **juice from lemon** and **2 tsp olive oil**. Mix to combine. Season to taste with **salt and pepper**.



### 5. FINISH AND SERVE

Spoon **whipped ricotta** into the base of shallow bowls. Add **cauliflower steaks** and **chickpeas**. Top with **tabbouleh salsa**.

**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 **0448 042 515** or send an email to **hello@dinnertwist.com.au**

