



Product Spotlight: Eggs

Did you know you can add crushed eggshells straight to the soil in your garden? While it might not help this season's plants, it will help add calcium directly to the soil as the shells decompose.



Roast Cauliflower Salad with Poached Eggs and Chorizo Crumb

Smoky roast cauliflower with crispy chickpeas tossed with creamy avocado and rocket, topped with a poached egg and finished with a lemon-dressed chorizo crumb for spice.



30 minutes



2 servings



Pork

Egg Timer!

Poaching eggs for 3 minutes will give you soft, running yolks. Cook longer, depending on your preference. You can boil or pan-fry the eggs if preferred.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	68g	80g

FROM YOUR BOX

CAULIFLOWER	1/2
TINNED CHICKPEAS	400g
CHORIZO	1 packet
LEMON	1
FREE-RANGE EGGS	6-pack
AVOCADO	1
ROCKET LEAVES	60g
DUKKAH	10g

FROM YOUR PANTRY

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

KEY UTENSILS

frypan, saucepan, oven tray, small food processor (optional)

NOTES

You can use sumac, dried thyme or even a cajun spice mix for the cauliflower instead of smoked paprika if preferred.

If you don't have a small food processor, crumble the chorizo or finely chop it with a knife instead.



1. ROAST THE CAULIFLOWER

Set oven to 220°C.

Chop **cauliflower** into small pieces (roughly 1 cm) and transfer to a lined oven tray. Drain, pat dry and add **chickpeas**. Toss all with **1/2 tbsp smoked paprika, oil, salt and pepper** (see notes). Roast for 25 minutes until tender.



4. POACH THE EGGS

Reduce heat of boiling water to a rapid simmer. Crack **2-4 eggs** into saucepan and poach for 3-6 minutes. Use a slotted spoon to remove (see cover for notes).



2. MAKE THE CHORIZO CRUMB

Bring a small saucepan of water to a boil (for step 4).

Roughly chop **chorizo**. Add to a small food processor and pulse to make a crumb consistency (see notes).



3. COOK THE CHORIZO CRUMB

Heat a frypan over medium-high heat with **2 tbsp olive oil**. Cook chorizo in pan for 5 minutes until crispy. Add zest and juice from **1/2 lemon**. Take off heat and set aside.



5. TOSS THE CAULIFLOWER

Whisk together remaining juice from 1/2 lemon, **2 tbsp olive oil, 1/2 tbsp maple syrup, salt and pepper** in a large bowl.

Slice and add **avocado**. Toss with **rocket leaves**, roast cauliflower and chickpeas.



6. FINISH AND SERVE

Divide cauliflower salad among shallow bowls. Top with poached eggs and spoon over chorizo crumb with lemon juice. Sprinkle with **dukkah**.



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