

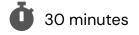




## **Roast Cauliflower Salad**

### 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.





4 servings



# 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.

TOTAL FAT CARBOHYDRATES

27g

35g

26g

#### FROM YOUR BOX

CAULIFLOWER	1
TINNED CHICKPEAS	400g
CHORIZO	1 packet
LEMON	1
FREE-RANGE EGGS	6-pack
AVOCADO	1
ROCKET LEAVES	120g
DUKKAH	10g

#### FROM YOUR PANTRY

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

#### **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 and 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 **tbsp smoked paprika**, **oil**, **salt and pepper** (see notes). Roast for 25 minutes until tender.



#### 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.



#### 4. POACH THE EGGS

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



#### **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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