



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



## Roast Cauliflower Pitas

with Dill Yoghurt

Golden curry-roasted cauliflower and sweet potato packed into warm pita pockets with crisp lettuce, fresh cucumber and a creamy dill yoghurt sauce.



35 minutes



Vegetarian



4/6 servings

## FROM YOUR BOX

|               | 4 PERSON   | 6 PERSON   |
|---------------|------------|------------|
| CAULIFLOWER   | 1          | 1          |
| SWEET POTATO  | 400g       | 800g       |
| DILL          | 1 packet   | 2 packets  |
| GREEK YOGHURT | 2 tubs     | 3 tubs     |
| SHALLOT       | 1          | 1          |
| GEM LETTUCE   | 3-pack     | 3-pack     |
| PITA POCKETS  | 2 x 5-pack | 3 x 5-pack |

## FROM YOUR PANTRY

oil for cooking, salt and pepper, curry powder

## NOTES

Add a tin of chickpeas tossed in curry powder and roasted alongside the vegetables for extra protein and bulk.

To create a share style dish, spread the yoghurt on a serving plate and top with roasted vegetables. Serve with pita breads for scooping and lettuce on the side.

**No gluten option – pita breads are replaced with GF wraps.**

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## 1. ROAST THE VEGETABLES

Set oven to 220°C. Cut **cauliflower** into small florets and dice **sweet potato** into 2cm pieces. Toss on a lined oven tray with **1 1/2 tbsp curry powder, oil, salt and pepper**. Roast for 25–30 minutes, until golden and tender.

**6P– use 2 1/2 tbsp curry powder.**

**TIP** *Curry powder can be substituted with ground cumin, smoked paprika or a pre-made sauce such as harissa.*

## 2. MAKE THE DILL YOGHURT

Roughly chop **dill** and combine with **yoghurt**. Season with **salt** and **pepper** and stir well. Refrigerate until serving.

**TIP** *Add a squeeze of lemon or a crushed garlic clove from your pantry for extra flavour.*

## 3. PREPARE THE SALAD

Finely slice **shallot**. Roughly shred **lettuce** leaves. Set aside.

**TIP** *Rinse and spin dry the lettuce before using as it can be sandy.*

## 4. WARM THE PITAS AND SERVE

Warm **pita pockets** in a dry frypan over medium heat for 1 minute each side (see tip). Halve and fill each pita with **salad, roasted vegetables** and a generous spoonful of **dill yoghurt**.

**TIP** *Keep the pita pockets warmly wrapped in a fresh tea towel until serving.*

**This recipe has simplified instructions to help lower your meal cost.**