

DUKKAH SPICED CAUUFLOWER & CHICKPEA ROCKET SALAD

with Honey-Lemon Yoghurt Dressing





Dial up a salad dressing with roasted garlic













Greek Yoghurt

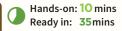


Lemon



Rocket Leaves

Pantry Staples: Olive Oil, Salt, Honey



Cauliflower is one of those superstar veggies, always ready to do the heavy lifting in any meal. With the nuttiness brought out when roasting the cauliflower and garlic, this is an easy to like weeknight stunner.

START

Our fruit and veggies need a little wash before you use them!! You will need: chef's knife, chopping board, sieve, oven tray lined with baking paper, aluminium foil, small bowl, spoon, whisk and a large bowl.



■ GET PREPPED
Preheat the oven to 220°C/200°C fanforced. Cut the cauliflower into small florets.
Cut the sweet potato (unpeeled) into 1 cm cubes. TIP: Cutting the veggies small ensures they cook in the allocated time. Drain and rinse the chickpeas.



Place the cauliflower, sweet potato and chickpeas on the oven tray lined with baking paper. Drizzle with olive oil and sprinkle over the dukkah and salt (use suggested amount). Season with a pinch of pepper and toss to coat. Wrap the garlic (unpeeled) in foil, add to the tray with the veggies and place in the oven to cook for 25 minutes, or until the sweet potato is tender and the cauliflower is golden and lightly charred on the edges.



MAKE THE DRESSING
While the veggies are roasting, slice the lemon into wedges. In a small bowl, combine the Greek yoghurt, honey and a squeeze of juice from the lemon wedges. TIP: Add as much or as little lemon juice as you like depending on your taste preference.



ADD GARLIC TO THE DRESSING
Once the veggies have finished roasting, remove the garlic from the oven. Unwrap the garlic from the foil and squeeze it out of its skin, into the bowl with the honey-lemon yoghurt dressing. Break up the garlic using the back of a spoon and whisk to combine.

*TIP: Adjust the consistency of the dressing

with a small dash of warm water if you like.



TOSS THE SALAD
In a large bowl, combine the cauliflower, sweet potato, chickpeas and rocket leaves.
Stir through 1/2 of the honey-lemon yoghurt dressing and toss to coat.



SERVE UPDivide the dukkah spiced cauliflower and chickpea rocket salad between plates. Drizzle with the remaining honey-lemon yoghurt dressing.

ENJOY!

2 4 PEOPLE

INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
cauliflower	1 portion	2 portions
sweet potato	400 g	800 g
chickpeas	1 tin (400 g)	2 tins (800 g)
dukkah	1 sachet (2 tbs)	2 sachets (4 tbs)
salt*	¼ tsp	½ tsp
garlic	1 clove	2 cloves
lemon	1/2	1
Greek yoghurt	1 tub (100 g)	1 tub (200 g)
honey*	1 tsp	2 tsp
rocket leaves	1 bag	1 bag

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	1940kJ (463Cal)	272kJ (65Cal)
Protein (g)	22.9g	3.2g
Fat, total (g)	11.7g	1.6g
- saturated (g)	2.4g	0.3g
Carbohydrate (g)	57.1g	8.0g
- sugars (g)	21.9g	3.1g
Sodium (g)	428mg	60mg

For allergens and ingredient information, visit **HelloFresh.com.au/foodinfo**

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*HallaFrachAll

We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722
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