



DUKKAH SPICED CAULIFLOWER & CHICKPEA ROCKET SALAD

with Honey-Lemon Yoghurt Dressing



Dial up a salad dressing with roasted garlic



Cauliflower



Sweet Potato



Chickpeas



Dukkah



Garlic



Greek Yoghurt



Lemon



Rocket Leaves

Pantry Staples: Olive Oil, Salt, Honey



Hands-on: **10 mins**
Ready in: **35 mins**

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.

BEFORE YOU 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**.



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. 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.*



2 ROAST THE VEGGIES

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.



3 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.*



4 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.*



5 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.



6 SERVE UP

Divide 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 | ½ | 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](https://www.hellofresh.com.au/foodinfo)

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