

Harissa Cauliflower with Chickpea & Pumpkin Smash

Thick steaks of cauliflower dressed up with fiesty harissa paste - it's veg as you've never seen before. We're serving a vibrant pumpkin and chickpea alongside this hearty treat. Harissa can really pack a punch, so add half if you're squeamish about heat, and keep that refreshing Greek yoghurt close to hand for relief!



Prep: 15 mins Cook: 30 mins Total: 45 mins







low kJ







Olive Oil





Harissa Paste





Cauliflower



Butternut Pumpkin



Brown Onion







Chickpeas





Parsley





2P	4P	Ingredients	
1 tbs	2 tbs	harissa paste (recommended amount)	
1 ½ tbs	3 tbs	olive oil *	
1	2	cauliflower, cut into 1 cm thick steaks	
400 g	800 g	butternut pumpkin, skin removed & cut into chunks	
1/2	1	brown onion, finely chopped	
1 clove	2 cloves	garlic, peeled & crushed	
1 tsp	2 tsp	cumin	
1 tin	2 tins	chickpeas, drained & rinsed	
1/2	1	lemon, juiced	
1 bunch	2 bunches	parsley, finely chopped	
½ tub	1 tub	Greek yoghurt	#

Ingredient features in another recipe

Pantry Items

Pre-preparation

Nutrition per serve

Energy	1390	Kj
Protein	12.3	g
Fat, total	15.6	g
-saturated	3.1	g
Carbohydrate	30.2	g
-sugars	15	g
Sodium	122	mg

Disclaimer: Pumpkin naturally vary in size, we may over supply you but please use the weight stated for this recipe.

are tender.

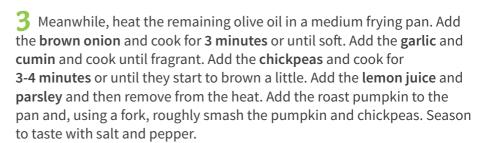


You will need: chef's knife, chopping board, garlic crusher, small bowl, sieve, fork, two oven trays lined with baking paper, and a medium frying pan.

2 Combine the harissa paste and a third of the olive oil in a small bowl. Rub the cauliflower steaks with the harissa paste and place on one lined oven tray. Toss the butternut pumpkin with half of the remaining olive oil, season with salt and pepper and place on the remaining lined tray. Cook both trays in the oven for 30 minutes or until the cauliflower steaks









4 To serve, divide the chickpea smash between plates and top with the harissa cauliflower steaks. Dollop with the Greek yoghurt.



Did you know? Cauliflower is not only low in cholesterol, but is a good source of vitamin B6, Folate and Potassium.