



(02) 8188 8722 | HelloFresh.com.au

WK34  
2016

## Roast Cauliflower & Chickpea Salad

Do you think you know cauliflower? You should think again. Roasting cauliflower florets is the ultimate way to prepare this seasonal veg and you'll be amazed at the flavour transformation as it turns roasty and toasty after time spent in the oven. Be prepared – you'll never view cauliflower the same way.



**Prep:** 10 mins

**Cook:** 35 mins

**Total:** 45 mins



level 1



high fibre

### Pantry Items



Olive Oil



Honey



Cauliflower



Sweet Potato



Chickpeas



Moroccan Spice Mix



Garlic



Greek Yogurt



Lemon




Rocket

JOIN OUR PHOTO CONTEST



#HelloFreshAU

2P	4P	Ingredients
1 portion	2 portions	cauliflower, cut into small florets 
400 g	800 g	sweet potato, unpeeled & cut into 1 cm cubes
1 tin	2 tins	chickpeas, drained & rinsed
1 tbs	2 tbs	olive oil *
1 sachet	2 sachets	Moroccan spice mix
1 clove	2 cloves	garlic, unpeeled
1 tub	2 tubs	Greek yoghurt
1 tsp	2 tsp	honey *
½	1	lemon, juiced 
½ bag	1 bag	rocket, washed 

 Ingredient features in another recipe

\* Pantry Items

 Pre-preparation

#### Nutrition per serve

Energy	1650	Kj
Protein	16.8	g
Fat, total	11.2	g
-saturated	2.2	g
Carbohydrate	49.7	g
-sugars	21.5	g
Sodium	202	mg



**You will need:** *chef's knife, chopping board, sieve, oven tray lined with baking paper, small bowl, spoon, whisk and large bowl.*



**1** Preheat the oven to **200°C/180°C** fan-forced.

**2** Place the **cauliflower, sweet potato** and **chickpeas** onto the prepared tray and toss in the **olive oil** and **Moroccan spice mix**. Season with **salt** and **pepper**. Place the unpeeled **garlic clove** on the tray too (you'll use this for the dressing). Cook in the oven for **30 minutes**, or until the sweet potato is tender and the cauliflower is golden and slightly charred on the edges.

**3** To make the dressing, stir together the **Greek yoghurt, honey** and **lemon juice** in a small bowl. Squeeze the roasted garlic clove out of the skin and into the dressing. Use the back of a spoon to break up the garlic and whisk to combine well. Adjust the consistency of the dressing with a little warm water if you like.



**4** In a large bowl combine the **rocket, cauliflower, sweet potato,** and **chickpeas**. Stir through half of the dressing.

**5** To serve, divide the warm roast cauliflower and chickpea salad between bowls and drizzle with the remaining dressing.



**Did you know?** There are also green and purple varieties of cauliflower. Another newer member of the family is Broccoflower, a cross between broccoli and cauliflower.