



Spice Roasted Cauliflower with Creamy Honey Herb Salad

EASY • 45 MINS

This hearty salad or side dish is brimming with exciting flavour and texture. Tender spice charred cauliflower florets are tossed with crunchy honey roasted chickpeas and fresh herbs to rest on a bed of creamy honey yoghurt.

Make double, you won't regret it!



SKILL LEVEL
Easy

PREP TIME
20 mins

COOKING TIME
25-30 mins

SERVINGS
4-6

Visit capilano.com.au to learn how to swap honey for sugar in your recipes.

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Ingredients

Cauliflower Salad

- 1 large cauliflower (900g), trimmed and cut into florets
- 400g can chickpeas, rinsed, drained
- 2 tsp ground coriander
- 2 tsp ground cumin
- 2 tsp sweet paprika
- ¼ cup extra virgin olive oil
- 1 ½ Tbsp [Capilano Pure Honey](#)
- 2 tbsp pine nuts
- 2 cups coriander leaves
- 1 cup mint
- 1 cup parsley
- 1 Tbsp black sesame seeds, toasted
- Lime wedges, to serve

Honey Yoghurt Dressing

- ½ cup Greek yoghurt
- ¼ cup Extra virgin olive oil
- ¼ cup [Capilano Pure Honey](#)
- 2 tbsp seeded mustard
- 3 tbsp lemon juice
- 1 garlic clove, crushed
- Sea salt and black pepper, to taste

Used in this recipe



Creamed Honey

Smooth and creamy with bubbly sweetness, generations of Aussies have grown up with Capilano Creamed Honey. Made by Aussie bees and their beekeepers, our signature blend of eucalypt and ground flora honey is the taste you know and love.

Method

1. Preheat oven to 200°C (fan-forced), line a baking tray with baking paper.
2. In a small bowl combine olive oil, honey, coriander, cumin and paprika and whisk to combine.
3. Place cauliflower and chickpeas in a large bowl and add the olive oil spice mixture. Toss to combine, then transfer to a lined baking sheet and season with salt and pepper. Bake for 25-30 minutes until the cauliflower is starting to char, then remove and set aside to cool.
4. While cauliflower cools, toast pine nuts in oven until golden (3-4 minutes).
5. In a measuring jug combine all ingredients for honey yoghurt dressing and whisk until blended. Season with salt and pepper to taste.
6. To serve, dollop honey yoghurt dressing onto a large serving dish and arrange roasted cauliflower around dressing. Scatter with the herbs, pine nuts and black sesame seeds and serve with lime wedges.

Visit capilanothoney.com.au to learn how to swap honey for sugar in your recipes.

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Make the Sweet Switch

Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes [here](#).

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