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	PREP TIME	COOKING TIME	SERVINGS
Easy	20 mins	25-30 mins	4-6

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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

- 1/2 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

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.

Used in this recipe



Pure Honey

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and hand harvested by their beekeepers, our signature blend of eucalypt and ground flora honey is the taste of Australia.

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