



Spice Roasted Cauliflower with Creamy Honey Herb Salad

EASY · 45 MINS

This hearty salad or side dish is brimming with exciting flavor 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 yogurt.

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 cilantro
- 2 tsp ground cumin
- 2 tsp sweet paprika
- ¼ cup extra virgin olive oil
- 1 ½ tbsp **Capilano Organic Raw Honey**
- 2 tbsp pine nuts
- 2 cups cilantro leaves
- 1 cup mint
- 1 cup parsley
- 1 tbsp black sesame seeds, toasted
- Lime wedges, to serve

Honey Yogurt Dressing

- ½ cup Greek yogurt
- ¼ cup Extra virgin olive oil
- ¼ cup **Capilano Organic Raw 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, cilantro, 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 yogurt dressing and whisk until blended. Season with salt and pepper to taste.
6. To serve, dollop honey yogurt 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



ORGANIC RAW HONEY

Smooth, sweet and fragrant, Capilano Organic Raw Honey is made by Aussie bees that have foraged native eucalypt and ground flora in Australia's pristine national parks and forests.

Discover a Premium Taste

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

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Perfectly pure, this honey is delicious drizzled on toast, cereal, tea, smoothies and yogurt.

Australian Certified Organic

This exceptional honey has been hand harvested by Aussie beekeepers from hives located within a 5km organic foraging radius and carefully packed to organic specifications.

Make the Sweet Switch

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

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

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