





Lamb Mince, Lentil and Roasted

Cauliflower with Coriander Yoghurt

 20-30min  2 Portions

Roasted cauliflower tastes amazing once roasted, but it's also wonderful for you. It is a versatile vegetable that's high in vitamin C, which acts as an important antioxidant in our body. It is also a good source of dietary fibre, folate, potassium and phytochemicals. It belongs to the cruciferous family, along with broccoli, kale and brussels sprouts, whose regular consumption is associated wi...

What we send

- baby spinach leaves
- coriander, garlic, spring onion
- lamb mince
- lemon
- Greek-style yoghurt ⁷
- French-style lentils
- ras el hanout
- cauliflower

What you'll require

- extra virgin olive oil
- Australian honey
- salt and pepper

Utensils

- baking paper
- grater
- medium frypan
- medium saucepan
- oven tray
- sieve
- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Milk (7). May contain traces of other allergens.

Nutrition per serving

Energy 575.0kcal, Fat 18.7g, Proteins 45.3g, Carbs 46.4g



1. Roast cauliflower

Preheat oven to 200C and line an oven tray with baking paper. Separate the **cauliflower** into small bite-size florets and place on the tray. Add 2 tsp **oil**, 1 tsp **ras el hanout** and a little **sea salt and pepper**. Toss to coat and roast for 20-25 mins until golden and tender.



4. Start cooking

Trim and thinly slice the **spring onions**. Finely chop or crush the **garlic**. Heat 1½ tbs **oil** in a medium frypan over low heat and cook the spring onion and garlic for 2-3 mins until soft.



2. Cook lentils

Meanwhile, place the **lentils** in a medium saucepan with plenty of cold water. Bring to the boil and simmer over medium heat for 15-20 mins until al dente. Drain well and shake dry.



5. Finish cooking

Increase the heat to high and add the **mince**. Cook, stirring to break up any lumps, for 5 mins or until browned and cooked through. Stir in ½ tsp **honey** and 1 tbs **lemon juice**.



3. Make sauce

Meanwhile, place the **yoghurt** in a bowl. Zest the **lemon** over the yoghurt. Juice the lemon and add 1 tbs **juice** to the yoghurt. Very finely chop the **coriander** (including stems) and add all but 1 tbs to the yoghurt. Season to taste with **sea salt and pepper** and stir to combine.



6. Get ready to serve

Transfer the **cauliflower**, **lentils**, and **spinach leaves** to the pan. Toss until well combined. Divide between serving plates and drizzle with the **coriander yoghurt** and remaining **coriander**.