

MARLEY SPOON



Roasted Cauliflower Salad

with Lemon Yoghurt Dressing



20-30min



4 Portions

Here the humble cauli with this satisfying salad. Roast cauliflower in moorish sumac spice, cook nutty freekeh, chop fresh veggies and finish with a lemony yoghurt dressing for a nutritious bowl packed with flavour.

What we send

- cauliflower
- capsicum
- cracked freekeh ¹
- Greek-style yoghurt ⁷
- pepitas
- rocket leaves
- red onion
- ground sumac
- coriander, garlic cloves
- lemon

What you'll require

- honey
- olive oil
- sea salt and pepper
- water

Utensils

- baking paper
- fine grater
- mandoline (optional)
- medium saucepan with lid
- oven tray
- sieve

Our vegies come fresh from the farm, so please wash them before use.

Allergens

Gluten (1), Milk (7). May contain traces of other allergens.

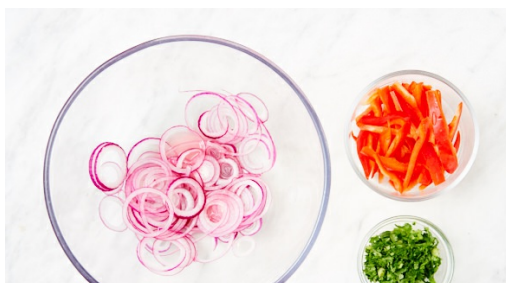
Nutrition per serving

Energy 570kcal, Fat 24.4g, Carbs 59.7g, Proteins 23.6g



1. Roast cauliflower

Heat the oven to 220C. Line 2 oven trays with baking paper. Cut the **cauliflower** into small florets and put on the lined trays. Finely grate the zest of **1 lemon**. Drizzle the cauliflower with **1½ tbs olive oil**, scatter over the **lemon zest** and **sumac**, season with **salt and pepper** and toss to combine. Roast for 20 mins or until the cauliflower is tender.



4. Pickle onion

Using a mandoline or sharp knife, very thinly slice the **onion**. Combine the onion, **remaining lemon juice** and a **pinch of salt** in a large bowl. Thinly slice the **capsicums**, discarding the seeds and membrane. Finely chop the **coriander**, including stems.



2. Cook freekeh

Meanwhile, rinse the **freekeh** well, then put in a medium saucepan with **1L (4 cups) water** and bring to the boil. Reduce the heat to medium and cook, partially covered, for 15-18 mins until tender. Drain, then rinse under cold running water to cool slightly.



5. Toast pepitas

Crush or finely chop the **garlic**. Once the cauliflower has roasted for 20 mins, scatter the garlic and **pepitas** over the **cauliflower** and roast for a further 2 mins or until toasted.



3. Make yoghurt dressing

Juice the **lemons**. Combine the **yoghurt**, **1½ tbs lemon juice**, **3 tsp olive oil** and **1½ tsp honey** in a bowl and season with **salt and pepper**.



6. Get ready to serve

Add the **cauliflower and pepita mixture**, **freekeh**, **capsicum**, **coriander** and **rocket** to the **onion mixture** and toss to combine. Divide the **salad** among bowls and drizzle with the **yoghurt dressing** to serve.