



## Warm Sumac Chicken Salad

with Cauliflower and Crisp Kale



20-30min



2 Portions

Warm salad is a wondrous thing, packed with all the nutrition of salad, plus the moreish toasty flavour of roasted vegetables. Simply tumble succulent chicken, cauliflower and sweet red onion in zesty sumac spice, then roast while you soak the burghul and whip up a tahini and lemon dressing. Add oven-crisped kale to complete this bowl of goodness.



## What we send

- 1
- 11
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\* The remainder of this ingredient won't be used in this recipe.

## What you'll require

- boiling water
- extra virgin olive oil
- olive oil
- sea salt and pepper
- water

## Utensils

- baking paper
- fine grater
- oven tray

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

## Cooking tip

Because some of the garlic will be used raw in the dressing it needs to be finely minced. Adding a little salt to the garlic on the chopping board helps.

## Allergens

Gluten (1), Sesame (11). May contain traces of other allergens.

## Nutrition per serving

Energy 760kcal, Fat 41.9g, Carbs 44.4g, Proteins 42.3g



### 1. Prepare ingredients

**Read through the recipe.** Heat the oven to 220C (see cooking tip). Line an oven tray with baking paper. Chop the **garlic**, then press with the flat side of a knife to finely mince (see cooking tip). Cut the **cauliflower** into small florets with a sharp knife. Cut the **onion** into thin wedges. Coarsely tear the **kale** leaves, discarding the stems.



### 4. Soak burghul

Meanwhile, put the **burghul** in a heatproof bowl, pour in **200ml boiling water**, add **1 tsp olive oil**, season with **salt and pepper** and stir to combine. Stand, covered with a plate, for 6 mins or until the water is absorbed.



### 2. Make sumac marinade

Combine the **sumac**, **three-quarters of the garlic** and **1 tbs olive oil** in a large bowl and season with **salt and pepper**. Add the **chicken**, **cauliflower** and **onion** and toss to coat.



### 5. Make tahini dressing

Finely grate the **lemon zest**, then juice. Whisk together the **lemon zest**, **1 tbs lemon juice**, **remaining garlic**, **1 tbs tahini\*\***, **1 tbs extra virgin olive oil** and **1 tbs water** in a bowl. Taste, then season with **salt and pepper**. Put the **kale** on the reserved tray, drizzle with **2 tsp olive oil** and toss to coat.



### 3. Roast chicken mixture

Put the **chicken mixture** on the lined tray and roast, turning halfway, for 20 mins or until golden and cooked through. Transfer the chicken to a board and rest for 5 mins, then thinly slice. Put the **cauliflower and red onion** in a large bowl. Reserve the lined tray.



### 6. Roast kale

Roast the **kale**, stirring halfway, for 4-5 mins until dark green and slightly crisp. Slice the **chicken**. Add the kale, chicken, **burghul** and **half the tahini dressing** to the **cauliflower mixture** and toss to combine. Taste, then season with **salt and pepper**. Divide **chicken salad** among plates and drizzle with the **remaining tahini dressing** to serve.