

Roasted Spiced Cauliflower Salad

Season: Winter/Spring

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: cauliflower, coriander, lemon, spinach leaves

Equipment:

metric measuring scales, cup and spoons
clean tea towel
chopping board
cook's knife
small frying pan
wooden spoon
mortar and pestle
large bowl
baking tray
tongs
serving platters

Ingredients:

2 tsp coriander seeds
2 tsp cumin seeds
½ cup pepitas
½ cup sunflower seeds
2 tbsp sunflower oil
1 long red chilli, de-seeded and finely sliced
2 garlic cloves, peeled and finely sliced
pinch of ground turmeric
1 cauliflower, cut into florets
salt, to taste
pepper, to taste
180 g baby spinach leaves
1 small handful of coriander
2 lemons, cut into wedges, to serve



What to do:

1. Preheat the oven to 200°C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Dry roast the coriander seeds in the small frying pan, then tip them into the mortar and pestle. Do the same for the cumin seeds.
4. Dry roast the pepitas and sunflower seeds, and set them aside for later.
5. Grind the roasted coriander and cumin in the mortar and pestle.
6. Combine the oil, coriander, cumin, chilli, garlic and turmeric in the large bowl.
7. Add the chopped cauliflower.
8. Toss to coat the cauliflower in the spiced oil.
9. Spoon the cauliflower onto the baking tray.
10. Season with salt and pepper.
11. Roast for 30 minutes or until browned and tender, checking that the cauliflower is cooking evenly. Allow to cool.
12. Toss the cauliflower with the pepitas and sunflower seeds, and gently combine them with the spinach leaves.
13. Serve with coriander, lemon wedges and **Yoghurt & Sesame Sauce** (page 160).

