

# 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).

