Roasted cauliflower and chickpea salad

Preparation time
10 minutes

Cooking time
15 minutes

Serves
4

Recipe courtesy of
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Ingredients Method Nutrition

1 head of cauliflower, chopped

400g tin of chickpeas, drained, patted dry

2 tsp ground cumin

2 tsp extra virgin olive oil

¼ cup pine nuts

1/3 cup currants

¼ cup red wine vinegar

½ cup flat parsley, roughly chopped

½ cup mint, roughly chopped

80g Danish feta

1. Lay cauliflower and chickpeas on a baking tray. Toss in cumin and olive oil. Roast in oven on 180°C for 30 minutes or until golden.
2. While cauliflower is roasting, toast pine nuts (no oil) in a small pan over low heat until lightly browned and fragrant. Remove nuts from pan, set aside.
3. In the same pan over medium-high heat, simmer currants in red wine vinegar for 3-5 minutes. Set aside.
4. Combine all ingredients from steps 1-3 in a salad bowl with the herbs. Sprinkle with Danish feta and an extra sprig of mint to serve.

Nutritional information is provided per serve

Engery	1478kJ (353 calories)
Protein	16g
Saturated Fat	4g
Total Fat	17.5g
Carbohydrates	25g
Sugars	11.7g
Dietary Fibre	12g
Sodium	558mg