

# Whole roasted spiced cauliflower

Preparation time

20 minutes

Cooking time

1 hour 10 minutes

Serves

6

Recipe courtesy of

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Ingredients

Method

Nutrition

## CAULIFLOWER

1 medium cauliflower

1 tbsp olive oil

1/2 tsp salt

1/4 tsp pepper

## SPICED YOGHURT DRESSING

1/2 cup natural yoghurt

1 tbsp olive oil  
2 tbsp lemon juice  
1 garlic clove, minced  
1/2 tsp garam masala  
1/2 tsp ground cumin  
1/2 tsp ground coriander  
1/4 tsp ground turmeric  
1/8 tsp cayenne pepper  
1/4 tsp salt

#### GARNISH

2 spring onions, roughly chopped (light green parts)  
1/4 cup coriander leaves, roughly chopped  
2 tbsp pine nuts

1. Preheat oven to 200°C. Remove the base of the cauliflower and drizzle olive oil on top, then season with salt and pepper. Place in the oven and roast for 45-55 minutes.
2. Meanwhile, place the yoghurt, remaining olive oil, lemon juice, minced garlic, spices and salt in a bowl and mix well to combine.
3. Remove cauliflower from the oven and spread the sauce all over, reserving approximately 2-3 tablespoons. Return to the oven and roast for another 15-20 minutes, or until tender.
4. Once cooked, remove from the oven and top with the remaining yoghurt sauce, fresh coriander, spring onions and pine nuts.

Note: to make this recipe dairy free and vegan, use coconut or soy yoghurt.

#### Nutritional information is provided per serve

Energy	471kJ ( 112 calories)
Protein	2.3g
Saturated Fat	1.6g
Total Fat	10.3g
Carbohydrates	2.3g
Sugars	1.9g
Dietary Fibre	0.9g
Sodium	305mg