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

Engery	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