




Product Spotlight: Cauliflower


Cauliflower is chock full of vitamins and minerals! It offers a good source of choline which assists in brain development, improving learning and memory!



Harissa Roasted Cauliflower Steaks with Whipped Ricotta

Cauliflower steaks coated in harissa paste, roasted with chickpeas until crispy and served over lemon honey whipped ricotta with a fresh tabbouleh salsa.

 35 minutes

 2 servings

 Vegetarian

23 June 2023

Switch it up!

Instead of making whipped ricotta, add dollops of ricotta to the oven tray, drizzle with oil, season with salt and pepper and roast with cauliflower.

Per serve: **PROTEIN** 24g **TOTAL FAT** 32g **CARBOHYDRATES** 62g

FROM YOUR BOX

HARISSA PASTE	1 sachet
CAULIFLOWER	1/2
TINNED CHICKPEAS	400g
LEMON	1
RICOTTA	1 tub
LEBANESE CUCUMBER	1
TOMATO	1
MINT	1 packet
GARLIC	1 clove

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, honey

KEY UTENSILS

oven tray, stick mixer or small blender

NOTES

Cut the cauliflower steaks from the cut side of the 1/2 cauliflower working your way out to the edge. Add any loose florets to the oven tray to roast.

If you don't have a stick mixer or blender, add the ingredients to a bowl and mix to combine.



1. ROAST THE CAULIFLOWER

Set oven to 220°C.

Add harissa to a bowl with **2 tsp oil** and mix to combine. Cut cauliflower into 2cm steaks (see notes) and place on a lined oven tray. Spoon or brush harissa all over the cauliflower steaks.



2. ADD THE CHICKPEAS

Drain and rinse chickpeas. Add to roasting tray with cauliflower. Drizzle with **oil** and season with **salt and pepper**. Roast for 25–30 minutes until cauliflower is tender and chickpeas are crispy.



3. WHIP THE RICOTTA

Zest lemon to yield 2 tsp (reserve remaining lemon for step 4). Add to a jug along with ricotta, **1/2 tsp honey**, **2 tsp olive oil** and **salt**. Use a stick mixer (see notes) to whip.



4. MAKE TABBOULEH SALSA

Finley dice cucumber and tomato. Finely chop mint leaves. Crush garlic clove. Add to a bowl as you go along with juice from lemon and **2 tsp olive oil**. Mix to combine. Season to taste with **salt and pepper**.



5. FINISH AND SERVE

Spoon whipped ricotta into the base of shallow bowls. Add cauliflower steaks and chickpeas. Top with tabbouleh salsa.



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