




### 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

 4 servings

 Vegetarian

## 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** 18g **TOTAL FAT** 26g **CARBOHYDRATES** 46g

## FROM YOUR BOX

HARISSA PASTE	2 sachets
CAULIFLOWER	1
TINNED CHICKPEAS	400g
LEMON	1
RICOTTA	1 tub
LEBANESE CUCUMBERS	2
TOMATOES	2
MINT	60g
GARLIC CLOVE	1

## FROM YOUR PANTRY

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

## KEY UTENSILS

oven tray, stick mixer or small blender

## NOTES

To cut the cauliflower into steaks, place the stem of the cauliflower on your chopping board. Cut cauliflower in half, then cut the steaks from the cut side 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. SEASON THE CAULIFLOWER

Set oven to 220°C.

Add **harissa** to a bowl with **1 tbsp 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 oven 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** (reserve remaining lemon for step 4). Add to a jug along with **ricotta**, **1 tsp honey**, **1 tbsp olive oil** and **salt**. Use a stick mixer (see notes) to whip.



### 4. MAKE THE TABBOULEH SALSA

Finley dice **cucumbers** and **tomatoes**. Finely chop **mint leaves**. Crush **garlic clove**. Add to a bowl as you go with juice from lemon and **1 tbsp 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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