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GOOD FOOD | GOOD PEOPLE

Cauli & Creamy Feta Mezze

with easy-peasy butter bean hummus & a
gluten-free charcoal wrap

Crisp roast cauliflower and Danish-style feta atop a pool of homemade turmeric and butter bean hummus, decorated with sesame seeds, tangy jalapeño relish, and fresh leaves. Ready in minutes and scooped up in a toasty wrap!

Hands-On Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Tess Witney

 **Vegetarian**

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Ingredients & Prep

200g	Cauliflower Florets <i>cut into bite-size pieces</i>
1	Garlic Clove <i>peeled & grated</i>
120g	Butter Beans <i>drained & rinsed</i>
1,25ml	Turmeric Powder
5ml	White Sesame Seeds
20g	Green Leaves <i>rinsed</i>
1	Gluten-Free Charcoal Wrap
15ml	Jalapeño Relish
25g	Danish-Style Feta <i>drained</i>
3g	Fresh Mint <i>rinsed, picked & roughly sliced</i>
1	Fresh Chilli <i>deseeded & finely sliced</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Blender
Butter (optional)

1. CRISP THE CAULI Preheat the oven to 200°C. Spread out the cauliflower pieces on a roasting tray, coat in oil, and season. Roast in the hot oven for 20-25 minutes until cooked through and becoming crispy, shifting halfway.

2. GOLDEN HUMMUS Place a small pot over a medium-high heat with a drizzle of oil or knob of butter. Add in the grated garlic and sauté for 1-2 minutes until fragrant. Stir in the drained butter beans and 60ml of water. Bring to a simmer and cook for 3-4 minutes, stirring occasionally. Remove from the heat on completion and stir through the turmeric. Transfer to a blender or food processor and blend until a thick hummus. If too thick, gradually mix in water in small increments. Season, return to the pot, and cover with a lid. Set aside to keep warm until serving.

3. MIGHTY SEEDS & GREENS Place the sesame seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool. Toss a drizzle of oil and some seasoning through the rinsed green leaves.

4. DETOXIFYING WRAP When the cauliflower has 5 minutes remaining, return the pan to a medium-high heat. When hot, dry toast the wrap for about 30 seconds per side until warmed through. Remove from the pan on completion and cut into quarters.

5. PILE IT UP! Generously smear the golden hummus on one side of a plate and top with the crispy cauli. Dollop over the jalapeño relish and crumble over the drained feta. Garnish with the toasted sesame seeds, the sliced mint, and the sliced chilli to taste. Side with the dressed leaves and the toasted wrap quarters to bring it all together. Delish!



Chef's Tip

Reserve any remaining sliced chilli and keep it in the fridge to use in another meal.

Nutritional Information

Per 100g

Energy	422kj
Energy	101Kcal
Protein	4.4g
Carbs	14g
of which sugars	3.2g
Fibre	4.9g
Fat	3g
of which saturated	1.7g
Sodium	245mg

Allergens

Dairy, Allium, Sesame

Cook
within 3
Days