



# UCCOOK

## Roasted Harissa Cauliflower Bowl

**with a roasted garlic, tahini & lemon  
dressing**

If you want to celebrate the versatility, nutritiousness, and tastiness of vegetables, this dish is for you, Chef! A bed of millet is topped with a mouthwatering medley of cauliflower, chickpeas & onions coated in a Pesto Princess Harissa Paste oil. Creamy avo pieces and a creative tahini dressing with lemon & garlic complete the meal.

---

**Hands-on Time:** 30 minutes

**Overall Time:** 35 minutes

---

**Serves:** 1 Person


---

**Chef:** Samantha du Toit

---

Veggie

---

 Cathedral Cellar Wines | Cathedral Cellar-  
Savignon blanc 2022

---

Loved the dish? Let us know. Join the UCCOOK  
community. Share your creations + tag us  
[@ucooksa](#) [#lovingucook](#)

## Ingredients & Prep

100g	Cauliflower Florets <i>rinse &amp; cut into bite-sized pieces</i>
75ml	Millet
6g	Mixed Herbs <i>(3g Fresh Mint &amp; 3g Fresh Dill)</i>
120g	Chickpeas <i>drain &amp; rinse</i>
1	Onion <i>peel &amp; cut ½ into thin wedges</i>
30ml	Pesto Princess Harissa Paste
1	Garlic Clove
20ml	Tahini
10ml	Lemon Juice
1	Avocado

## From Your Kitchen

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

**1. COOK THE CAULI** Preheat the oven to 200°C. Spread the cauliflower pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 15-20 minutes (shifting halfway).

**2. MMM MILLET** Place the millet in a pot over medium heat. Toast until fragrant, 1-3 minutes (shifting occasionally). Add 150ml of salted water and a drizzle of olive oil. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 10-12 minutes. Fluff with a fork and cover.

**3. PREP STEP** Rinse, pick, and roughly chop the mixed herbs. Set aside. In a bowl, toss the drained chickpeas and the onion wedges with a drizzle of oil and seasoning. In a separate bowl, combine the harissa with a drizzle of oil. Set both aside.

**4. VEGGIE MEDLEY** Once the cauli reaches the halfway mark, scatter over the dressed chickpeas & onions. Drizzle it all with the harissa oil. Add the whole, unpeeled garlic clove to the tray and return to the oven for the remaining time.

**5. TAHINI DRESSING** Once the roast is done, squeeze out the flesh from the roasted garlic clove and discard the skin. Roughly chop the flesh and place in a small bowl. Mix through the tahini, ½ the lemon juice, ½ the chopped herbs, a drizzle of oil, and seasoning. Loosen with a splash of water if too thick. Set aside.

**6. I'LL HAVE SOME AVO** Halve the avocado and set aside the 1 half for another meal. Peel off the avocado skin of the remaining half. Roughly chop, drizzle with the remaining lemon juice (to taste), and set aside.

**7. REVEAL THE MEAL** Make a bed of the millet and top with the roasted veg. Scatter over the fresh avo chunks and drizzle with the garlic, lemon & tahini dressing. Garnish with the remaining herbs. Excellent work, Chef!

## Nutritional Information

Per 100g

Energy	703kJ
Energy	168kcal
Protein	5g
Carbs	19g
of which sugars	2.2g
Fibre	5.3g
Fat	7.6g
of which saturated	0.9g
Sodium	87mg

## Allergens

Allium, Sesame, Sulphites

Eat  
Within  
3 Days