



UCOOK

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

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Ingredients & Prep

100g	Cauliflower Florets <i>rinse & cut into bite-sized pieces</i>
75ml	Millet
6g	Mixed Herbs <i>(3g Fresh Mint & 3g Fresh Dill)</i>
120g	Chickpeas <i>drain & rinse</i>
1	Onion <i>peel & 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