



# U COOK

— COOKING MADE EASY

## MOROCCAN CAULI MEZZE

with mini wholewheat rotis & tangy  
jalapeno salsa

Spiced cauliflower and chickpeas with drippings of honey-lemon yoghurt and sprinkles of dukkah spice, all scooped up in buttery rotis. This mouthwatering, mezze-style meal will really hit the spot.

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**Prep + Active Time:** 10 minutes

**Total Cooking Time:** 25 minutes

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 **Serves:** 1 person

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 **Chef:** Tess Witney

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 **Vegetarian**

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## Ingredients

1	Garlic Clove <i>peeled &amp; grated</i>
15ml	NOMU Moroccan Rub
120g	Chickpeas <i>drained &amp; rinsed</i>
200g	Cauliflower Florets <i>cut into bite-size pieces</i>
1	Red Onion <i>one half peeled &amp; sliced</i>
4g	Fresh Parsley <i>rinsed &amp; roughly chopped</i>
20g	Pickled Sliced Jalapeños <i>drained &amp; roughly chopped</i>
80ml	Yoghurt
1	Lemon <i>one half zested &amp; cut into wedges</i>
7.5ml	Honey
3	Cocktail Rotis
20g	Green Leaves <i>rinsed</i>
10ml	Dukkah

## From Your Kitchen

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

## 0. ROAST THE CAULI & CHICKPEAS

Preheat the oven to 200°C. Peel and grate the garlic. In a bowl, combine the garlic, the Moroccan Rub, and 30 ml of oil to make a marinade for the roast. Drain and rinse the chickpeas. Cut the cauliflower florets into bite-size pieces. Place the cauliflower and chickpeas on a roasting tray. Coat in the Moroccan marinade and season to taste. Roast in the hot oven for 20-25 minutes until cooked and golden, shifting halfway.

## 1. GET PREPARED

Peel and finely slice only one half of the onion. Rinse and roughly chop the parsley. Drain and roughly chop the jalapeños. Zest one half of the lemon and cut this half into wedges. In a bowl, combine the jalapeños to taste, the onion, and half of the parsley. Add a drizzle of oil and toss to coat. Season the salsa to taste and set aside for serving. Combine the yoghurt with some lemon zest, lemon juice, and honey (all to taste). Rinse the green leaves.

## 2. TOAST THE ROTIS

When the roast is almost ready, place a nonstick pan over a medium-high heat. Heat the rotis for about 1 minute per side until warmed through and lightly toasted. Alternatively, spread them out on a plate in a single layer and heat up in the microwave for 30-60 seconds, or heat them in the oven for 2-3 minutes in total.

## 3. TIME TO EAT

Grubs up! Make a bed of green leaves and cover with the roasted cauliflower and chickpeas. Scatter over the spicy salsa, dust generously with the dukkah spice, and side with a smear of the zesty yoghurt. Garnish with the remaining chopped parsley and some lemon zest to taste. Serve the mini rotis on the side and use them to scoop up all that goodness. Dig in, chef!

## Nutritional Information

Per Serving

Energy (kJ)	2952
Energy (kcal)	706
Protein	27
Carbs	108
of which sugars	33
Fibre	21
Fat	14
of which saturated	2
Salt	4

Cook within: 2 days

Allergens: Gluten Dairy Allium Peanuts Soya Wheat Tree-Nuts



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Quick Prep



Crowd Pleaser