

UCCOOK

Roasted Harissa Cauliflower Bowl

with a roasted garlic, tahini & lemon dressing

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Veggie: Serves 1 & 2

Chef: Samantha du Toit

Wine Pairing: Zevenwacht | Zeven Rosé

Nutritional Info

	Per 100g	Per Portion
Energy	566kJ	4110kJ
Energy	135kcal	983kcal
Protein	3.3g	24g
Carbs	16g	119g
of which sugars	2g	14.8g
Fibre	4.7g	34g
Fat	6.5g	47.5g
of which saturated	0.8g	5.9g
Sodium	118mg	858mg

Allergens: Sulphites, Sesame, Allium

Spice Level: Mild

Eat Within 2 Days



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Cauliflower Florets <i>rinse & cut into bite-sized pieces</i>
75ml	150ml	Millet
1	1	Cannellini Beans <i>drain & rinse</i>
1	1	Onion <i>peel & cut ½ [1] into thin wedges</i>
30ml	60ml	Pesto Princess Harissa Paste
1	1	Garlic Clove
10ml	20ml	Tahini
10ml	20ml	Lemon Juice
3g	5g	Fresh Coriander <i>rinse, pick & roughly chop</i>
1	1	Avocado <i>cut in half & roughly dice ½ [1]</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

1. COOK THE CAULI Preheat the oven to 200°C. Spread the cauliflower 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 [300ml] 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 In a bowl, toss the beans and the onion 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 beans and 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 and discard the skin. Roughly chop the flesh and place in a small bowl. Mix through the tahini, ½ the lemon juice, ½ the coriander, a drizzle of olive oil, and seasoning. Loosen with a splash of water if too thick. Set aside.

6. I'LL HAVE SOME AVO Toss the avo with the remaining lemon juice, season 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 and tahini dressing. Garnish with the remaining coriander. Excellent work, Chef!