

COOKING CUISINE

12th October 2022

Spiced Roast Cauliflower with Red Lentil Puree (gluten-free)

Serves 4

Equipment

- Large pan
- Oven tray or air-fryer
- Small sauce pan

Ingredients

- 1 large or 2 medium cauliflower
- 1stp fennel seeds
- 1tsp cumin or caraway seeds
- 1 tsp celery salt
- 3 tbsp extra virgin olive oil
- 200gr butter ghee
- 50 gr raisins or dried cranberries
- 70gr hazelnuts, toasted and chopped
- 3tbsp capers
- Handful of chives, chopped
- Handful of parseley, chopped

For the Lentil Purée

- 250gr red lentils
- 1½ cups water or nutritional yeast based vegetable stock
- 1 shallot, finely chopped
- 1 carrot grated
- 2 cloves garlic, crushed or finely chopped
- 1 bay leaf

Directions

- Pre-heat the oven to 200°C
-
- Cook the lentils in a large pan with enough water or vegetable stock to cover them. Top up as needed. Stirring regularly, cook over a medium heat for approx. 15 min-20min until it's



a thick consistency and lentils are cooked.

- Mix together the cumin, fennel and celery salt and add a little to the puree.
- Set aside and keep warm
- Mix the rest of the spice mix with the olive oil and lightly brush the cauliflower florets with the spiced oil mixture
- Roast the cauliflower in the oven for around 20-25 min or place in an air-fryer and roast for 15-20 min until the top it's caramelised. Turn over half-way through.
- Add the ghee or olive oil to a small saucepan and heat gently, add the raisins, hazelnuts, capers and cook for 1 minute. Then turn off the heat and stir in the chopped herbs.

Spoon lenti puree onto warmed serving plate and top with the roast cauliflower. Spoon over the ghee, nut and herb mixture and serve immediately.

Recipe 2 Title

Serves x

Equipment

-

Ingredients

-

Directions

-

