



ROASTED CAULIFLOWER AND GRAPE SALAD

Prep: 1h 20min – Easy – Veggie – Serves 2 as a main or 4 as a side

1 small cauliflower head
1 tsp cumin seeds
½ tsp dried chili flakes
½ tsp salt
olive oil
2 garlic cloves
200g red seedless grapes
60g pistachios
1 handful fresh mint
1 handful fresh flat-leaf parsley
1 lemon

1. Preheat the oven to 200°C.
2. Cut the cauliflower into florets and shave into slices of approx. ½ cm with a mandolin. Alternatively, either slice the cauliflower florets by hand or cut them into small florets.
3. Put the cauliflower into a baking tray lined with baking paper. Sprinkle with cumin seeds, dried chili flakes, salt and 1 tablespoon of olive oil. Peel and crush the garlic cloves and add to the cauliflower. Toss so that everything is evenly covered and roast in the preheated oven for 20 minutes.
4. Meanwhile, wash the grapes and cover with 1 tsp olive oil.
5. Roast the pistachios in a dry frying pan until fragrant. Put into a bowl and set aside.
6. Finely chop the mint and parsley and set aside.
7. After 20 minutes, add the grapes to the tray with the cauliflower, give it a stir and bake for a further 10 minutes. Remove from the oven, put into a serving bowl and leave to cool for 30 minutes.
8. After 30 minutes, add the roasted pistachios, chopped mint and parsley to the cauliflower. Drizzle with lemon juice and a bit more olive oil, toss and serve.

TIP: You can keep this salad in the fridge for a couple of days, just take it out of the fridge a while before serving, so that you eat it at room temperature.

