

SPICED CAULIFLOWER AND CHICKPEA SALAD

Serves 4-6

Preparation: 10 minutes

Cooking: 30 minutes

Ingredients:

1 teaspoon ground cumin

1/4 teaspoon chili flakes

3/4 teaspoon turmeric

1 teaspoon ground ginger

1/2 teaspoon garam masala

1 head cauliflower, leaves and excess stem removed

1 can chickpeas, drained, rinsed

¼ cup extra virgin olive oil

1/2 cup plain yogurt

1 teaspoon wholegrain mustard

Zest and juice of one lemon

4 large handfuls of baby spinach

¼ cup chopped fresh cilantro

Method:

Preheat the oven to 400 degrees F. Put all the spices in a large bowl and mix well.

Cut cauliflower into bite size pieces. Add to the bowl of spices. Then add the chickpeas and half of the olive oil. Stir to mix everything together. Then spread the seasoned mixture onto a large roasting pan.

Season with salt and To make the dressing, whisk the remaining olive oil, yogurt, mustard, lemon zest, lemon juice and salt and pepper.

To assemble the salad, put the spinach and cilantro in a serving bowl and scatter the cauliflower and chickpeas on top. Drizzle over the dressing and serve.