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WK10
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Roasted Chickpea & Cauliflower Salad with Yoghurt Dressing

Middle Eastern cuisine tends to do vegetarian really well. It comes from the days before refrigeration, when meat was expensive to use and difficult to prepare in such a hot climate. This meal is the perfect example of years of cooking knowledge coming together. Taste the culture in every bite!



Prep: 10 mins

Cook: 35 mins

Total: 45 mins



level 1



low kJ



one tray wonder

Pantry Items



Olive Oil



Honey



Cauliflower



Sweet Potato



Chickpeas



Moroccan Spice Mix



Garlic



Yoghurt



Lime



Rocket

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2P	4P	Ingredients
½ head	1 head	cauliflower, cut into small florets
400 g	800 g	sweet potato, unpeeled & cut into 1 cm cubes
1 tin	2 tins	chickpeas, drained & rinsed
1 tbs	2 tbs	olive oil *
2 tsp	1 tbs	Moroccan spice mix
1 clove	2 cloves	garlic, unpeeled
1 tub	2 tubs	yoghurt
1 tsp	2 tsp	honey *
½	1	lime, juiced
½ bag	1 bag	rocket, washed

- ⊕ Ingredient features in another recipe
- * Pantry Items
- 🌿 Pre-preparation

Nutrition per serve		
Energy	1620	Kj
Protein	16.3	g
Fat, total	11	g
-saturated	2.2	g
Carbohydrate	49.2	g
-sugars	21.1	g
Sodium	196	mg



You will need: *chef's knife, chopping board, sieve, whisk, oven tray lined with baking paper, small bowl and a large bowl.*

- 1 Preheat the oven to **200°C/180°C** fan-forced.
- 2 Place the **cauliflower**, **sweet potato**, and **chickpeas** onto the prepared tray and toss in the **olive oil** and **Moroccan spice mix**. Season with **salt** and **pepper**. Place the unpeeled **garlic clove** on the tray too (you'll use this for the dressing). Cook in the oven for **30 minutes** or until the sweet potato is tender and the cauliflower is golden and slightly charred on the edges.
- 3 To make the dressing, stir together the **yoghurt**, **honey**, and **lime juice** in a small bowl. Squeeze the roasted garlic clove out of the skin and into the dressing. Use the back of a spoon to break up the garlic and whisk to combine well. Adjust the consistency of the dressing with a little warm water if you like.
- 4 In a large bowl combine the **rocket**, cauliflower, sweet potato, and chickpeas. Stir through half of the dressing.
- 5 To serve, divide the warm roasted chickpea and cauliflower salad between bowls and drizzle with the remaining dressing.

Did you know? The earliest known mention of tahini is in an anonymous 13th-century Arabic cookbook.