

Roasted Cauliflower, Pomegranate and Coriander Salad with Tahini Dressing

There is something very exciting and delicious about eating cauliflower raw or cooking cauliflower in any other way than boiling it! Cauliflower is a delightful and very versatile vegetable, and much more exciting to dish up for dinner now I have discovered this... Boiling or steaming it was the only way I knew about preparing cauliflower when I was growing up as a cook and really put me off using it as a vegetable for many years.

And there is something completely and absolutely delicious about Tahini dressing. It's in one nutty, bitter-sweetly full flavoured and richly packed with essential nutrients. It can be used as any traditional dressing – on a fresh summer green salad, a coleslaw, or my favourite “chopped salad of many veges”. Tahini dressing is the ultimate dressing for this Roasted Cauliflower, Pomegranate and Coriander salad

Ingredients:

- 1 medium head of fresh cauliflower
- Extra virgin Olive oil
- Salt and pepper
- 1 Pomegranate, deseeded
- 1 bunch fresh coriander
- About 1 cup Tahini dressing (recipe below)

First, roast your cauliflower.

Preheat your oven to 180 degrees C

Wash and chop your cauliflower into flowerets, as evenly as possible, but no need to be too fussy.

Lay in a single layer on a large low sided baking dish, allowing space so the cauliflower roasts rather than steams. Sprinkle and toss through a little olive oil to lightly coat with a sprinkle of salt and pepper.

Roast for 20 – 25 minutes until the cauliflower begins to brown a little. Remove from the oven and cool.

Meantime deseed your Pomegranate (if you haven't done this before look for instructions on YouTube), wash and roughly chop your coriander, and make your Tahini dressing. When cauliflower is completely cool and you are ready to serve your stunning salad, arrange the cauliflower on a platter, drizzle over your tahini dressing, then the coriander, then the pomegranate. This will be your new most favourite dish for summer, I promise you!

Tahini Dressing

In a small bowl, mix together: ½ cup Tahini, ½ cup water, 3 tablespoons freshly squeezed lemon juice, 1 tablespoon honey, 1 large crushed clove of garlic, ½ teaspoon salt and freshly ground pepper. Done.

If you have any questions or would like to set up an appointment to discuss your health issues, receive nutritional guidance for you and your family, look into possible food allergies and intolerances, or any other aspect of your health, please contact us (details below).