

# Cauliflower salad

By Miele

## 15 minutes

Preparation time

## 20 minutes

Cooking time

## 4 serves

Serves

#### **INGREDIENTS**

½ cup almonds

1/4 cup pine nuts

½ cauliflower, cut into small florets

Extra virgin olive oil

Salt flakes, to taste

1/4 cup currants

60ml verjuice

½ bunch parsley, chopped

½ bunch mint, chopped

1 lemon, zest

1 tbsp tamarind syrup

#### **METHOD**

- 1. Preheat oven on Fan Plus at 160°C.
- 2. Place the almonds and pine nuts on a baking in the oven on shelf position 2 and roast for 5-8 minutes, or until golden.
- 3. Switch the oven to Fan Grill at 200°C and allow to preheat.
- 4. Place the cauliflower florets in a bowl and toss with some oil to coat and a generous pinch of salt. Place on a grilling and roast insert onto a multi-purpose tray.
- 5. Place the tray of cauliflower in the oven on shelf position 5 and grill for 10-12 minutes, or until you have a nice golden colour and the cauliflower has softened.
- 6. Place the verjuice and currants in a small saucepan. Heat on medium-high heat, induction setting 7, until the verjuice begins to boil. Remove from the heat and transfer to a salad bowl, allow to cool in the bowl for 5 minutes.
- 7. Add to the salad bowl along with the currants, lemon zest and tamarind syrup.
- 8. Stir to combine before adding in the nuts and herbs, stir again.
- 9. Once the cauliflower has cooked, transfer directly to the bowl and gently toss the salad until everything is evenly combined.
- 10. Place on a large plate or serving dish and serve immediately.