

Miele

Cauliflower salad

By Miele

15 minutes

Preparation time

20 minutes

Cooking time

4 serves

Serves



INGREDIENTS

- ½ cup almonds
- ¼ cup pine nuts
- ½ cauliflower, cut into small florets
- Extra virgin olive oil
- Salt flakes, to taste
- ¼ 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.