



## ROASTED CAULIFLOWER, CHICKPEA & ORZO BAKE

 **Prep: 15 minutes**

 **Cook: 30 minutes**

 **Serves: 4**

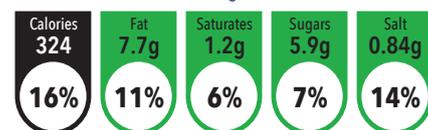
### INGREDIENTS:

- 1 cauliflower, cut into florets
- 400g can chickpeas, drained and rinsed
- 2 cloves garlic, sliced
- 1 tsp **LoSalt**
- 1½ tbsp extra virgin olive oil
- 150g orzo pasta
- 500ml very low salt vegetable stock, hot
- 150g spinach
- 2 tbsp chopped parsley
- 2 tbsp chopped coriander

### METHOD:

1. Preheat the oven to 200°C, gas mark 6.
2. Place the cauliflower, chickpeas and garlic in a roasting tin, toss in the **LoSalt**, oil and a little black pepper, roast for 10 minutes.
3. Stir in the orzo and stock and cook for 15 minutes, stirring halfway through.
4. Stir in the spinach and herbs and cook for a further 5 minutes until wilted.

Each serving contains



of your guideline daily amount

### COOKS TIP:

Try adding diced chorizo or roasted chicken for a non-veggie option. Chickpeas can be replaced with cannellini or kidney beans too.