



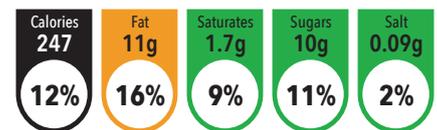
SUMAC ROASTED CAULIFLOWER SALAD

 **Prep: 15 minutes**

 **Cook: 30 minutes**

 **Serves: 4**

Each serving contains



of your guideline daily amount

INGREDIENTS:

- 1 medium cauliflower, cut into florets (580g)
- 1 red onion, cut into wedges (180g)
- 2 tbsp olive oil
- 1½ tsp cumin seeds
- 1 tsp sumac
- 1 tsp **LoSalt**
- 150g basmati and wild rice
- 1 Romaine lettuce heart, shredded (180g)
- 1 tbsp tahini (25g)
- 100g fat free natural yogurt
- 2 tbsp pomegranate seeds (30g)

METHOD:

1. Preheat the oven to 200°C, gas mark 6.
2. Place the cauliflower and onion on a large baking tray and toss in the oil. Sprinkle over the cumin, sumac and **LoSalt**. Roast for 30 minutes, stirring half way through.
3. Meanwhile, cook the rice according to pack instructions, drain. Cool slightly and mix in the lettuce, place on a large platter.
4. Top with the cauliflower. Mix together the tahini, yogurt and 2 tbsp water and scrape in the juices and cumin seeds from the baking tray. Drizzle over the cauliflower and scatter with pomegranate seeds.

COOKS TIP:

Any leftovers are great for pack lunches or picnics. Try using broccoli instead of cauliflower.