Spiced cauliflower & carrots with spinach & pomegranate

Preparation 20 mins | Cooking 35 mins | Serves 4 as a side dish

Serve this easy & delicious veggie side dish with a warming winter roast.

1 medium cauliflower, trimmed
1 bunch (even-sized) Dutch carrots, washed, dried and trimmed
¼ cup extra virgin olive oil
3 garlic cloves, crushed
1 tsp ground cumin
40g baby spinach leaves
75g Persian or marinated feta, crumbled
½ pomegranate, seeds removed

STEP 1 Preheat oven to 200°C fan-forced. Cut cauliflower crossways into 2cm thick slices and trim the central core. Place into a large roasting pan lined with baking paper. Toss through carrots.

STEP 2 Combine oil, garlic and cumin in a bowl. Season with salt and pepper. Stir to combine. Drizzle mixture over vegetables and toss to coat. Roast on the top shelf, tossing once or twice, for 35-40 minutes or until just tender.

STEP 3 Stir through spinach. Sprinkle with feta and pomegranate seeds and serve.

Good for you... *CAULIFLOWER*

A source of dietary fibre which helps normal functions of the intestine to help keep us regular. A good source of vitamin K which is one of the many nutrients contributing to normal bone structure. An excellent source of vitamin C, with 100g supplying well over a full day's requirement. This vitamin contributes to the normal immune function. A source of folate, a B vitamin that is important for normal blood cells.