

Roasted cauliflower with hummus dip



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Preparation 15 mins | Cooking 30 mins | Serves 4

- ¼ cup olive oil
- 2 garlic cloves, crushed
- 1 tsp cumin
- ½ tsp ground coriander
- 2 tbs lemon juice
- ½ medium cauliflower, trimmed and cut into large florets*
- Reduced fat hummus dip, to serve

**you'll need about 500g trimmed cauliflower florets*

STEP 1 Combine oil, garlic, cumin, coriander, lemon juice and salt and pepper in a large bowl. Add cauliflower and toss to evenly coat in mixture.

STEP 2 Preheat oven to 200°C/180°C fan-forced. Line a baking tray with baking paper. Arrange cauliflower mixture in a single layer on tray. Roast, turning once, for 25-30 minutes until just tender. Arrange warm cauliflower on a platter and serve with hummus dip.

Good for you... **CAULIFLOWER**

A top source of vitamin C. This vitamin can help reduce the risk of infections. A great way to get dietary fibre and keep the intestine functioning to prevent constipation. High in vitamin K which is one of the many nutrients needed for the growth of strong bones.

