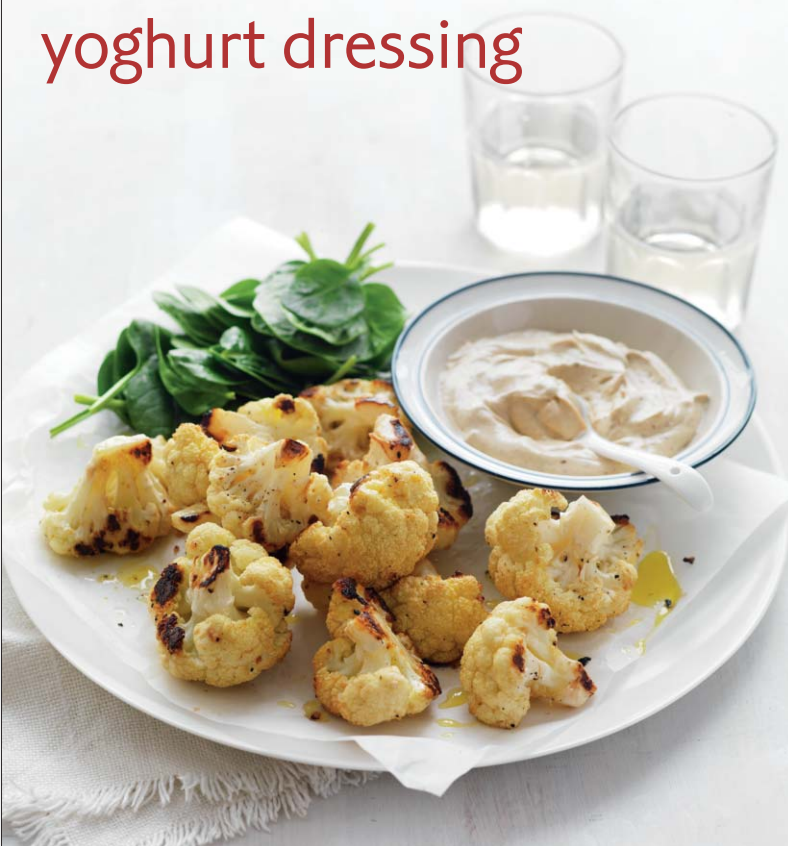


# Roasted spiced cauliflower with tahini yoghurt dressing



## Roasted spiced cauliflower with tahini yoghurt dressing

**Preparation:** about 15 minutes  
**Cooking:** about 30 minutes  
**Serves:** 4 as a side dish

¼ cup olive oil  
2 garlic cloves, finely crushed  
1 tsp ground cumin  
1 tsp ground coriander  
2 tbs lemon juice  
Salt and ground black pepper  
1 medium cauliflower, trimmed and cut into large florets\*  
Baby spinach leaves, to serve

### Tahini yoghurt dressing

½ cup thick natural yoghurt  
1 tbs tahini  
1 tsp lemon juice

\* You'll need about 600g trimmed cauliflower florets

1. Combine oil, garlic, cumin, coriander and lemon juice in a large bowl. Season with salt and pepper. Stir to combine. Add cauliflower and using your hands, toss to evenly coat in mixture.
2. Line a large baking tray with non-stick baking paper. Arrange cauliflower mixture in a single layer on tray. Roast, tossing once, for 25-30 minutes until just tender.
3. Meanwhile, to make dressing, combine yoghurt, tahini and lemon juice in a bowl. Whisk until well combined. Season with salt and pepper. Spoon into a serving bowl.
4. Arrange cauliflower on a serving platter. Serve with tahini yoghurt dressing and baby spinach leaves.



### Cauliflower

- Cauliflower is an excellent source of vitamin C, with 100g supplying well over a full day's requirement of this important anti-infection vitamin.
- A good source of vitamin K, a vitamin involved in helping blood clot normally and also folate, the B vitamin that is important for healthy blood cells.