

CAULIFLOWER & CHICKPEAS

Time: 40 minutes

Serves: 4

Ingredients:

1 head cauliflower – broken into florets
1/2 preserved lemon - finely chopped
0.5g ground cardamom
0.5g ground cloves
0.5g ground cinnamon
0.5g ground coriander
0.5g ground cumin
0.5g ground mace
0.5g ground paprika
0.5g ground turmeric
0.5g ground nutmeg
0.5g fresh ground black pepper
2g kosher salt
30g extra-virgin olive oil
540ml can chick peas - rinsed and drained
5g flat-leaf parsley - chopped

Preparation:

Preheat oven to 200C.

Place cauliflower and lemon in a large bowl.

In a small bowl, combine all remaining ingredients except chickpeas and parsley.

Pour the oil mixture over the cauliflower and toss to evenly distribute.

Place cauliflower mixture on a sheet pan and bake for 25 minutes.

Add the chickpeas to the pan and bake for five more minutes.

Remove from heat, toss or top with parsley and serve.

Nutritional Information Per Serving:

Calories: 275
Fat: 11g
Carbs: 36g
Fibre: 12g

Protein: 12g