

Roast Cauliflower & Egg Salad with Avocado Dressing

Preparation time: 50 mins

Serves: 4 people

Categories:

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Lunch Recipes, Vegetarian



Ingredients

SALAD

- 4 eggs
- 1 head cauliflower, cut into florets, large florets halved
- 400g can chickpeas, rinsed and drained
- 2 tbs olive oil
- 1 tbs dukkah, plus extra to sprinkle (optional)
- 60g baby spinach leaves

- ½ bunch radishes, thinly sliced
- ½ bunch mint leaves
- 1 tbs currants

AVOCADO DRESSING

- 1 small ripe avocado
- ½ bunch mint leaves
- ½ cup baby spinach leaves
- ¼ cup apple cider vinegar
- 1 small garlic clove, crushed

Method

1. Preheat oven to 220°C/200°C fan forced. Line a large oven tray with baking paper.
2. Half fill a medium saucepan with cold water. Gently lower in eggs. Bring to a simmer over medium heat and cook for 5 minutes. Use a slotted spoon to transfer to iced water. Peel and set aside.
3. Toss cauliflower and chickpeas in oil and dukkah on prepared tray. Roast for 25 minutes, until cauliflower is tender and starting to brown around the edges.
4. For the avocado dressing, blend or process all ingredients in a small food processor or blender until smooth, adding 1/2 cup of water to make a thin dollop consistency. Season to taste.
5. Toss radish, mint and currants though roast cauliflower and chickpeas. Top with halved eggs and drizzle with dressing. Sprinkle with extra dukkah, if you like.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)
406g	1430kJ 342kcal	16.5g	19g	3.2g	21g	7.8g
Sodium	Fibre					
384mg	11.1g					

All nutrition values are per serve.