



HARISSA ROASTED CAULIFLOWER AND CHICKPEA SALAD

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

Serves 2

1 cauliflower
300g chickpeas
1 tablespoon Harissa paste
1 tablespoon olive oil
2 large handfuls of kale
2 beetroot, roasted, grated or steamed
pickled red onions and pumpkin seeds to top
Tahini dressing
1 tablespoon tahini
1 lemon, juiced
1 teaspoon Dijon mustard
splash of water

METHOD

1. Preheat oven to 180°C.
2. Cut the cauliflower into florets, wash and add to a dish suitable for the oven.
3. Add the chickpeas to the oven dish.
4. Coat the cauliflower and chickpeas with the harissa paste and drizzle with the olive oil.
5. Place the oven dish in the oven.
6. While the cauliflower and chickpeas are cooking, prepare the kale and beetroot.
7. Add the kale to a plate, then the beetroot.
8. Make the dressing. Add the tahini to a small bowl, squeeze in the lemon juice and add the Dijon mustard. Stir to combine and then loosen with a little water.
9. When the cauliflower and chickpeas are cooked add to the plates.
10. Drizzle with the dressing and top with pickled red onions and some pumpkin seeds.

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