



## Roasted harissa cauliflower salad

**SERVES 4 PREP 20 mins COOK 45 mins EASY**

*'This versatile salad can be served warm over the cooler months or cold when the weather is sunny. Use your favourite harissa paste – if it's a spicy one you might want to leave it out of the dressing so the yogurt can help balance the heat.'* **Samuel Goldsmith**

**2 medium cauliflowers, broken into florets**  
**3 tbsp harissa paste**  
**3 tbsp olive oil**  
**400g can chickpeas, drained and rinsed**  
**250g spinach**  
**large bunch of parsley, roughly chopped**

**1** Heat the oven to 220C/200C fan/gas 7. Put the cauliflower florets in a large bowl. Mix together the harissa, olive oil, 1 tsp fine sea salt and 1/4 tsp ground black pepper, tip into the bowl with the cauliflower and toss together to coat well. Tip onto a baking tray and roast for 25 mins until lightly golden.  
**2** Remove from the oven, scatter the chickpeas around the cauliflower, mix well and roast for a further 20 mins.  
**3** Meanwhile, toss the spinach and parsley together in a bowl and set aside. Make the dressing by mixing together the yogurt, lime zest and juice and harissa paste

### For the dressing

**125g natural yogurt**  
**1 lime, zested and juiced**  
**2 tsp harissa paste (optional)**

### To serve

**2 tsp nigella seeds**  
**2 tsp sesame seeds**

(if using). Loosen with a teaspoon or two of water if it looks too thick.

**4** Once the cauliflower has finished cooking, remove from the oven and leave to cool for 5 mins. Put the spinach and parsley mix on a serving platter and spoon over the roasted cauliflower and chickpeas. Drizzle over the dressing, then scatter over the seeds and serve.

**GOOD TO KNOW** low cal • vit c • fibre • calcium • iron • folate • 3 of 5-a-day • gluten free  
**PER SERVING** 284 kcals • fat 15g • saturates 3g • carbs 20g • sugars 8g • fibre 9g • protein 13g • salt 1.6g



### SAMUEL GOLDSMITH

Food copy editor Samuel has taught food and nutrition in secondary schools, and has also worked as a food editor for lifestyle magazines such as *Woman & Home*. He's an advocate for using local and seasonal produce.  
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