

HARISSA CAULIFLOWER BAKE

Serves 4

INGREDIENTS

- cauliflower x1, cut into florets
- red pepper x 1, deseed and slice
- yellow pepper x1, deseed and slice
- red onion x1, peel and quarter
- fresh parsley x 20g
- fresh mint x 20g
- harissa paste x 50g
- tomato puree x 50g
- smoked paprika x 2 tsp
- ground coriander x 2 tsp
- chilli flakes x 1 tsp
- cumin seeds x 2 tsp
- natural yogurt x 100g
- mayonaise x 100g
- lemon x 1, zest and juice
- olive oil
- sea salt
- black pepper

METHOD

- pre-heat the oven at 200°C
- prepare all the ingredients (see above)
- put the smoked paprika, ground coriander, cauliflower and pinch of salt in a bowl and mix well
- put the harissa paste, tomato puree, chilli flakes and 200ml of boiling water into a jug and stir
- put the cauliflower, red pepper, yellow pepper and red onion into an overproof dish
- drizzle with olive oil and season with sea salt and black pepper
- pour the harissa sauce over the top and sprinkle with cumin seeds
- cook for 20-25 minutes in the oven, until the florets are soft
- for the dressing, put the natural yogurt, the mayonaise and lemon zest into a bowl and mix well
- add the lemon juice, sea salt and black pepper to taste
- once the cauliflower is cooked, spoon the dressing over the top and season with salt and pepper
- sprinkle with freshly chopped parsley and mint