



Harissa Roasted Cauliflower & Farro Salad

INGREDIENTS

- 400g organic cauliflower (or cauliflower)
- 2 tbsp olive oil
- 2 tsp Harissa paste
- 2 cups farro (cooked according to packet instructions)
- 10g mint (chopped)
- 10g coriander (chopped)
- 10g dill (chopped)
- 1 pomegranate
- 60g pistachios (toasted)
- 60g dried apricots (roughly chopped)
- 3 tbsp extra virgin olive oil
- 1 tbsp Chardonnay vinegar
- 2 tbsp pomegranate molasses
- 300g Coconut yoghurt
- 1 lemon
- Salt & Pepper to taste



Serves: 4



Cooking Time: 20 min



Prep Time: 10 min

METHOD

1. Preheat the oven to 190°C and line a baking tray with baking paper.
2. Toss the cauliflower with olive oil, harissa paste and season with salt and pepper.
3. Spread over the baking tray and roast for 15-18 minutes, you want it lightly charred but still with a little bite. Set aside.
4. Meanwhile, in a mixing bowl, combine the cooked farro, herbs (save some dill for garnish), pomegranate, pistachios, apricots, roasted cauliflower and mix. Dress with extra virgin olive oil, Freshly squeezed lemon juice, vinegar and molasses. Season and toss to combine.
5. To plate, spread yoghurt on the base, spoon over farro salad and top with some dill sprigs. Enjoy!



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