



TURMERIC ROASTED CAULIFLOWER SALAD

Our roasted cauliflower salad with turmeric is low in calories and packed with punchy flavor. Turmeric adds lovely color and flavor to this easy vegan-friendly recipe

 40 minutes

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 4 portions

INGREDIENTS

- 1 chopped cup [1/2" pieces] of cauliflower, raw [107 g]
- 1 tsp of spices, turmeric, ground [3 g]
- 1 tbsp of oil, avocado [14 g]
- 100 grams of rice, brown, medium-grain, raw
- 150 grams of edamame, frozen, unprepared
- 1 cup, sections of lemons, raw, without peel [212 g]
- 1 cup slices of cucumber, with peel, raw [104 g]
- 4 tbsps of parsley, fresh [15 g]
- 50 grams of nuts, cashew nuts, oil roasted, with salt added
- 5 tbsps of vinegar, balsamic [80 g]
- 4 tbsps of soy sauce made from soy [tamari] [72 g]
- 1 tablespoon of oil, sesame, salad or cooking [14 g]
- 1 tbsp of sauce, fish, ready-to-serve [18 g]
- 4 tbsps of honey [84 g]

COOKING METHOD

¹⁰ STEP 1 Heat the oven to 200C/fan 180C/gas 6. Put the cauliflower in an ovenproof dish or tin, add the turmeric, some seasoning and 2 tbsp oil, and toss together. Roast for 20-25 minutes until tender. Tip onto a plate and cool. STEP 2 Meanwhile boil the rice in salted water until tender, adding the edamame for the last minute of cooking, then drain well. Leave to cool, then tip into a large bowl. Add the roasted cauliflower, lemon juice, cucumber and some seasoning, and toss together. Add the herbs and toss again. Add mint for extra flavor. STEP 3 Whisk together the dressing ingredients. Divide the cauliflower and rice between plates, scatter over the cashews and drizzle with the dressing.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [256 g]	% DRI
ENERGY	152 kcal	388 kcal	19 %
FAT	6 g	16 g	24 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	13 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	555 mg	1418 mg	59 %
CARBOHYDRATE	22 g	55 g	18 %
SUGARS	10 g	25 g	—
FIBER	3 g	7 g	26 %
PROTEIN	5 g	12 g	—