

WHOLE ROASTED CAULIFLOWER WITH TAHINI SAUCE

Serves 4

INGREDIENTS:

1 Medium head of cauliflower - remove any leaves covering the top and sides.
2 Tbsp olive oil - plus extra for drizzling
1 Tsp turmeric
1½ Tsp cumin seeds
1 Tsp sea salt

FOR THE TAHINI SAUCE

⅔ Cup tahini
3 Tbsp fresh lemon juice
1 Clove garlic - minced
2 Tbsp olive oil
Pinch salt
¼ Cup ice cold water

FOR THE GARNISH - OPTIONAL

¼ Cup shelled pistachios - roughly chopped
¼ Cup fresh mint leaves
14 cup fresh flat-leaf parsley leaves
Flaky salt such as Maldon salt

DIRECTIONS

Pre-heat the oven to 220°C and line a baking sheet with grease-proof paper.

Rinse the cauliflower well. Leaving the main core intact, slice the bottom of the core off the cauliflower so that it can sit evenly on the baking sheet.

Fill a large pan with 3 inches of water and bring to a boil. Place the cauliflower into the pan, head side up, cover and simmer over a medium heat for 8 minutes.

Using a large slotted spoon, carefully lift the cauliflower from the pan and place onto a wire rack, stem side down. Let it stand until the cauliflower has cooled slightly and is dry to the touch.

Place the cauliflower onto the prepared baking sheet and drizzle with the olive oil - use your hands to coat it well. Sprinkle all over with the turmeric, salt and cumin seeds. Drizzle with a little more olive oil and then transfer to the oven.

Roast in the oven until tender and brown for around 40-45 minutes. The exact cooking time will depend on the size of your cauliflower. Remove from the oven when it looks golden-brown with a bit of char in places.

While the cauliflower roasts, make the tahini sauce.

In a bowl, combine the tahini, lemon juice, garlic, olive oil and salt. Add the ice water and whisk until smooth and lighter in colour. Add a little more water if it needs to be a little looser.

Once the cauliflower has roasted, let it sit for 5 minutes, then transfer to a serving platter. Drizzle the top of the cauliflower with the tahini sauce and then garnish with the herbs and pistachios if using.

The extra tahini sauce can be used for an extra drizzle once served.

Enjoy!