



# Roast Cauliflower and Chickpeas

**1 hour 10  
minutes**

Hands on

**6**  
Portion(s)

**1**  
Difficulty



## Method

Photo credit: G. Drakopoulos - Food  
Styling: T. Webb

- Preheat oven to 200\* C (390\* F) Fan. Position oven rack to middle level.
- Toss the cauliflower and chickpeas with olive oil and salt in a deep bowl.
- Spread the cauliflower and chickpeas out onto a baking pan. Roast for 45 minutes, mixing a few times, until they turn golden brown and soften.
- While roasting, combine the Dijon mustard, mustard seeds, vinegar, ¼ cup olive oil and some peppercorns.
- Remove from oven. Toss with dressing and sprinkle with chopped parsley.
- Serve warm or at room temperature.

## Ingredients

- 200 g chickpeas, dried, rinsed, boiled, drained and towel dried
- 1 cauliflower, outer leaves removed and chopped into small florets
- olive oil
- salt, coarse
- 1 tablespoon(s) mustard, dijon
- 1 tablespoon(s) mustard, seeds
- 1 tablespoon(s) vinegar, of white wine
- pepper, freshly ground
- 1/3 bunch parsley, chopped

## Διατροφικός πίνακας

Nutrition information per portion

114 Calories (kcal) 6%	4.1 Total Fat (g) 6%	0.5 Saturated Fat (g) 3%	13.0 Total Carbs (g) 5%
3.3 Sugars (g) 4%	5.8 Protein (g) 12%	3.4 Fibre (g) 14%	0.17 Sodium (g) 3%