



Good Living / Savory

Vegan roast

15'
Hands on

90'
Cook Time

8
Portion(s)

1
Difficulty



Ingredients

- 4 clove(s) of garlic
- 1 teaspoon(s) paprika, smoked
- 6 sprig(s) thyme, fresh +extra for serving
- 2 tablespoon(s) olive oil
- salt
- pepper
- 1 cauliflower
- 4 tablespoon(s) red wine
- lemon juice, of 1 lemon
- 300 g water
- 2 tablespoon(s) pistachios, finely chopped
- pomegranate, only the leaves

Διατροφικός πίνακας

Nutrition information per portion

76 Calories (kcal)	3.5 Total Fat (g)	0.5 Saturated Fat (g)	7.6 Total Carbs (g)
4%	5%	3%	3%
4.2 Sugars (g)	2.8 Protein (g)	2.3 Fibre (g)	0.08 Sodium (g)
5%	6%	9%	1%

Method

- Preheat oven to 180* C (350* F) Fan.
- In a food processor, beat the garlic, paprika, thyme leaves, olive oil, salt and pepper until you create a smooth paste.
- Remove the outer leaves from the cauliflower and chop off the bottom so that it can balance upright.
- Spread the paste over the whole cauliflower and place in an ovenproof baking dish.
- Spray with red wine and lemon juice. Add the water to the baking dish and cover with aluminum foil.
- Roast for 1 ½ hours, removing the foil after 1 hour.
- When ready, remove from oven and serve along with pomegranate seeds, pistachio nuts and thyme.