Cauliflower and Cranberry Salad

Method

- Cut the cauliflower into small florets and remove the stem.
- Transfer to a food processor and beat for 2-3 minutes, until it resembles rice.
- Finely chop the spring onions, garlic and chili pepper.
- Place a wok over medium heat and add the olive oil.
- Add the spring onions, garlic and chili pepper. Sauté for 3-4 minutes, until golden.
- Add the cauliflower florets and sauté for 5 minutes.
- Add the lemon juice, lemon zest, finely chopped hazelnuts, pine nuts, cumin and cranberries. Mix with a wooden spoon.
- Finely chop the parsley and mint.
- Remove wok from heat and add the finely chopped aromatics.
- Mix, season to taste and serve with tahini sauce.

Ingredients

- 1 cauliflower, medium
- 4 spring onions
- 1 clove of garlic
- 1 chili pepper
- 1 tablespoon olive oil
- grated zest and juice from 1 lemon
- 50 g hazelnuts
- 10 g pine nuts
- 1 teaspoon ground cumin
- 50 g dried cranberries
- 50 g parsley, finely chopped
- 50 g mint, finely chopped
- tahini sauce, for serving

Διατροφικός πίνακας

Nutrition information per portion

<table>
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<th>Calories (kcal)</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Total Carbs (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
<th>Fibre (g)</th>
<th>Sodium (g)</th>
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<td>26%</td>
<td>11%</td>
<td>4%</td>
<td>9%</td>
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