

CAULIFLOWER SALAD

1 small head of cauliflower
1 tablespoon coconut oil
¼ cup water
½ teaspoon caraway seeds
½ teaspoon cumin seeds
2 cloves garlic, crushed
sea salt and pepper

DRESSING

1 tablespoon lemon juice
1 clove garlic, crushed
1 tablespoon wholegrain mustard
3 tablespoons olive oil

TO ASSEMBLE

2 handfuls seasonal greens (eg rocket, Asian greens)
1 tablespoon capers
2 spring onions, thinly sliced
¼ cup toasted pumpkin seeds

Cut the cauliflower into small florets. Heat the coconut oil in a large sauté pan and when hot, add the cauliflower. Cook until there are patches of colour on all sides. Add the water, caraway and cumin seeds and garlic and turn quickly to combine. Season, cover the pan and cook for a few minutes, turning occasionally until the cauliflower is crisp and tender. Take off the heat and cool slightly.

Combine the dressing ingredients in a jar and shake well.

To assemble:

Make a bed of seasonal greens, pile the cauliflower over the top, sprinkle the capers over the cauliflower, then drizzle the dressing over the cauliflower. Finally dress with spring onions and pumpkin seeds.

