



CAULIFLOWER, KUMARA, CAPSICUM, BEETROOT AND GREENS SALAD WITH TAHINI DRESSING

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| Season: | Autumn, winter |
| From the garden: | Cauliflower, kumara, beetroot, capsicum, spinach, silverbeet, rocket |
| Type: | Main |
| Difficulty: | Easy |
| Country of origin: | |
| Serves: | 6 serves or 30 tastes |
| Source: | tasty.co |

Equipment

- *chopping board and knife
- *colander
- *measuring cup and spoons
- *bowls and mixing spoon
- *frying pan
- *baking trays

Ingredients

- *1 large cauliflower
- *500 g kumara
- *500 g beetroot
- *3 small or 1 large capsium
- *big handful of greens (kale, spinach, silverbeet, rocket etc.)
- *a few spring onion or 1 small red onion
- *handful of parsley
- *½ cup of raisins or dried cranberries
- *1 tbsp ground cumin
- *2 tsp ground paprika
- *1 tsp salt and pepper to taste

***oil**

***toasted sunflower or pumpkin seeds**

For the dressing:

***small bowl**

***whisk**

***garlic press**

***measuring cup and spoons**

*** $\frac{1}{4}$ cup tahini**

***1 garlic clove**

***2 tbsp lemon juice**

*** $\frac{1}{4}$ cup water**

*** $\frac{1}{4}$ cup olive oil**

***salt and pepper to taste**

Method

1. preheat oven to 200 degrees

2. wash the vegetables

3. cut the florets of the cauliflower

4. cut the kumara and beetroot into smallish cubes, peel and slice the onion

5. cut the capsicum in half, remove the seeds and slice into thick strips

6. add the cauliflower and capsicum into one bowl and the kumara and beetroot into another bowl. Pour a little oil over the vegetables and season with the curmin, paprika, salt and pepper. Mix

7. spread the vegetables on two separate lined baking trays. The kumara and beetroot will take longer to cook

8. prepare the greens by slicing the silverbeet and spinach into thin strips. Cook the greens until they are wilted in a frying pan and then place them into a salad bowl

9. give the vegetables in the oven a quick stir

10. chop the parsley and rocket and place into the salad bowl

11. when the vegetables are done (around 15-20 min. for the cauliflower, and 30 min. for the kumara and beetroot), remove them from the oven, and add them into the salad bowl with the raisins

12. for the dressing, add the tahini, lemon juice, garlic and water into a small bowl and whisk

13. pour the oil in slowly while whisking for the mixture to emulsify

14. season with salt and pepper

15. drizzle the dressing over the salad and mix. Sprinkle with the toasted seeds

