



# CAULIFLOWER, SNOW PEAS, PARSNIP AND KALE SALAD WITH TAHINI DRESSING

**Season:** All year  
**From the garden:** Cauliflower, snow peas, parsnip, kale, parsley, spring onion  
**Type:** Main  
**Difficulty:** Easy  
**Country of origin:**  
**Serves:** 6 serves or 30 tastes  
**Source:** [tasty.co](http://tasty.co)

## Equipment

- \*chopping board and knife
- \*colander
- \*measuring cup and spoons
- \*bowls and mixing spoon
- \*baking tray

## Ingredients

- \*1 small cauliflower
- \*handful of snow peas
- \*3 medium parsnip
- \*big handful of kale or cavolo nero
- \*a few spring onion or 1 red onion
- \*handful of parsley
- \*1/2 cup of raisins or dried cranberries
- \*1 tbsp ground cumin
- \*2 tsp ground paprika
- \*1 tsp salt and pepper to taste
- \*oil

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\*small bowl

\*1/4 cup tahini

**\*whisk**

**\*garlic press**

**\*measuring cup and spoons**

**\*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 and chop stem into even size smallish pieces**

**4. slice snow peas in half lengthwise**

**5. chop parsnip into even sized pieces (same as cauliflower stems)**

**6. add the chopped vegetables into a big bowl, drizzle with oil and sprinkle with cumin, paprika, salt and pepper. Mix**

**7. spread them on a baking tray and put them in the oven to roast**

**8. tear the kale into bite size pieces, drizzle with oil, and sprinkle with some salt**

**9. spread them on a second baking tray and place into the oven for around 10-15 minutes**

**10. stir the other vegetables while they roast**

**11. chop the parsley and spring onion (red onion)**

**12. when the vegetables are done (after around 30 min.), remove them from the oven, and add them into a big salad bowl with the crispy kale, raisins, parsley and sliced onion. Drizzle with the dressing, mix and serve**

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

**14. add the oil in slowly while whisking for the mixture to emulsify**

**15. season with salt and pepper**

**Notes: To “emulsify” means for oil to mix with a water-based liquid. Mayonnaise is done that way. The oil has to be added slowly, so the mixture does not split.**

**Skills: measuring, *mixing*, *chopping*, *whisking***

