



CAULIFLOWER, PUMPKIN, CAPSICUM AND GREENS SALAD WITH TAHINI DRESSING

Season: Autumn, winter
From the garden: Cauliflower, pumpkin, 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 tray

Ingredients

- *1 medium cauliflower
- * $\frac{1}{2}$ butternut pumpkin
- *3 small or 1 large capsicum
- *big handful of greens (kale, spinach, silverbeet, rocket etc.)
- *a few spring onion or 1 small red onion
- *handful of parsley
- * $\frac{1}{2}$ 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

***small bowl**
***whisk**
***garlic press**
***measuring cup and spoons**

For the dressing:

***1/4 cup tahini**
***1 garlic clove**
***2 tbsp lemon juice**
***1/4 cup water**
***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. peel the pumpkin and cut the into smallish cubes**
- 5. cut the capsicum in half, remove the seeds and cut into thick strips**
- 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. prepare the greens by slicing the silverbeet into thin strips and tearing rocket and spinach into bite size pieces. Add the greens into a salad bowl**
- 9. give the vegetables in the oven a quick stir**
- 10. chop the parsley and spring onion (red onion)**
- 11. when the vegetables are done (after around 30 min.), remove them from the oven, and add them into the salad bowl with the parsley, onion and raisins**
- 12. for the dressing, add the tahini, lemon juice, garlic and water into a small bowl and whisk**
- 13. add 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**

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*

