



## Healthy Cauliflower ( OP W )

Serving: 1

Veg

### *Ingredients*

- 1 Cup cauliflower, cut into florets
- 1 big red onions, cut into wedges
- 2-3 Units cherry tomatoes
- 1 Cup Spinach
- To taste Ground Cumin
- To taste Cinnamon
- To taste Smoked Paprika
- To taste chilli flakes or chilli powder
- To taste turmeric
- To taste Salt and Freshly Ground Pepper
- Half Tablespoon Tahini
- 1 Tablespoon Yoghurt
- Half teaspoon apple cider vinegar or Lemon Juice
- 1 Tablespoon Water
- 1 teaspoon Olive Oil
- Half Tablespoon Tahini Yoghurt Dressing

### *Preparation Method*

- Start by preheating the oven to 200 degrees celsius.
- Get a nice big baking tray and put in the cauliflower florets, onions, tomatoes, spices and oil.
- Give everything a very good mix making sure everything is equally covered.
- Pop in the oven and bake for around 45 minutes or until the cauliflower is tender.
- Check the bake few times and give it a stir to avoid burning.
- Once baked take out of the oven and add the spinach into the tray and let it wilt from the heat of the veg.
- For the dressing put all the ingredients in a small bowl and whisk until smooth
- If it is too thick add a touch of milk or water. Taste and adjust seasoning.
- Serve warm drizzled with the tahini dressing and enjoy.