

VEGGIE STARTERS

PARMESAN CAULIFLOWER

with sundried tomatoes & almonds

What you need:



½ cauliflower, sliced into wedges



70g (2.5oz) parmesan cheese, finely grated



3 sundried tomatoes (from a jar), finely chopped



1 roasted red pepper (from a jar), finely chopped



25g (¼ cup) flaked almonds

+ 3 tablespoons olive oil, salt and pepper

Hi, it's me with cauliflower and parmesan! Obsessed with this recipe. It's comfort and steady glucose levels all rolled into one gorgeous easy to share dish.

How to make it:

- Preheat the oven to 200°C/180°C fan/350°F/Gas 6 and line a baking tray with baking parchment. Lay the **cauliflower** on the tray and drizzle 2 tablespoons of **olive oil** all over. Season with **salt** and **pepper** and roast in the oven for 15 minutes.
- Remove from the oven and scatter the **parmesan** all over the cauliflower and drizzle the remaining olive oil on top. Return to the oven for 10 minutes, or until the cheese is golden and crisp.
- When ready, scatter the chopped **sundried tomatoes**, **roasted red pepper** and **almonds** all over.

Makes: 2 portions
Prep time: 10 mins / Total cook time: 25 mins

This recipe is **VEGETARIAN** and **GLUTEN-FREE**

HOW TO MAKE IT VEGAN OR DAIRY-FREE
Use a vegan parmesan cheese.



VEGGIE STARTERS

MISO GREEN BEANS

with cashews

Counts as your vinegar hack too.

What you need:



30g/ ¼ cup cashew nuts



150g green beans



2 teaspoons white miso



2 teaspoons apple cider vinegar



½ teaspoon sesame oil

+ Salt and pepper

More veggie starter fun! Enjoy the crunchiness of the beautiful green beans while your body rejoices in all that fiber. And we also recruit the help of vinegar here to reduce the spike of our meal even more.

How to make it:

- Toast the **cashew nuts** in a dry frying pan over a medium heat until turning golden brown. Remove from the heat and finely chop.
- Place the **green beans** in a saucepan of boiling water and cook for 2 minutes, drain and keep warm.
- Mix the **miso**, **apple cider vinegar** and **sesame oil** together until smooth.
- Serve the green beans on a plate, drizzle the miso dressing all over, and finish with the chopped cashew nuts. Optionally, sprinkle some chopped fresh parsley and ground pepper on top.

Makes: 1 portion
Prep time: 7 mins / Total cook time: 3 mins

This recipe is **VEGAN, VEGETARIAN,**
DAIRY-FREE and GLUTEN-FREE

