

jamie oliver

# Grilled cauliflower with winter pesto

**SERVES: 4****COOKS IN: 1 HOUR****DIFFICULTY: NOT TOO TRICKY****HEALTHY****KID FRIENDLY**

## Ingredients

3 banana shallots or 1 onion

olive oil

1 large cauliflower

1 tesapoon ground dried chilli

2 x 400 g tins cannellini beans

## HERB PESTO

25 g unsalted nuts , (whatever kind you have)

3-4 sprigs of woody herbs, such as rosemary, thyme, flat-leaf parsley

1 lemon

## Method

1. To make the crispy onions, peel and thinly slice the shallots or onion into rings. Heat a good splash of oil in a pan and slowly fry the shallots for 15 minutes, until golden. Remove with a slotted spoon and set aside on kitchen paper to crisp up.
2. Trim away the cauliflower stalk, then boil the cauliflower whole in a pan of salted water over a medium heat for 3 minutes, then drain and leave to cool.
3. Next rub in the chilli, sea salt and black pepper, and drizzle with a little oil. Leave to one side.
4. For the pesto, toast the nuts in a dry pan over a low heat until golden, then either bash with a pestle and mortar or blitz in a food processor until combined.
5. Pick and add the herbs, and a pinch of salt and blitz or bash again until you have a thin paste. Season with lemon juice, oil, salt and pepper, and set aside.
6. Heat the cannellini beans and a couple of tablespoons of their liquid in a pan over a low heat for 10 minutes, or until warmed through. Mash and stir through 1 to 2 tablespoons of the pesto.
7. Preheat a griddle pan over a high heat.
8. Quarter the cauliflower and char on the griddle for 6 to 8 minutes, or until golden and charred.
9. Divide the mash between four plates and top with a wedge of cauliflower, a drizzle of the herb oil and the crispy shallots.

NUTRITION PER SERVING

Calories	Fat	Saturates	Protein	Carbs	Sugars	Salt	Fibre
356	12.5g	1.9g	19.2g	34.7g	3.7g	1g	15.7g
18%	18%	10%	43%	13%	4%	17%	-

OF AN ADULT'S REFERENCE INTAKE