

Sicilian Purple Cauliflower Salad

Recipe from Chloe Steele
BANT Registered Nutritionist ®



MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	477 kj	6%
Energy (kcal)	114 kcal	6%
Fat	6.0g	9%
<i>of which saturates</i>	1.0g	3%
Carbohydrate	13.0g	5%
<i>of which sugars</i>	1.0g	1%
Fibre	3.0g	10%
Protein	4.0g	9%
Salt	0.7g	12%

Generated by Nutrium on 02 Feb 2021

Ingredients:

100g uncooked freekeh grains,
600g purple cauliflower, cut into bite –sized florets
3 tbsp olive oil,
5g lemon zest (roughly one lemon),
pinch of salt
90g kalamata olives,
2 tbsp capers, rinsed
25g spring onions (roughly two)thinly sliced,
100g flat leaf parsley, chopped
25g pickled red onions, thinly sliced
25g **FLAKED ALMONDS**,
2g chilli flakes.
For the dressing: 30g olive oil,
2 tbsp red wine vinegar,
2 garlic cloves, crushed
½ tsp salt, ½ tsp pepper.

Method:

1. Cook freekeh as per packet instructions and allow to cool. Heat oven to 200C/180Cfan/gas 6
2. Put the cauliflower in a large bowl with olive oil, lemon zest and pinch of salt and toss together tip onto a lined baking tray and bake in the oven for 25 minutes, or until tender and allow to cool.
3. To make the dressing, whisk together all of the ingredients in a bowl.
4. Layer the salad starting with the cooked freekeh, cauliflower, olives, capers, spring onions, parsley, pickled onions, flaked almonds, chilli flakes and top with the salad dressing.

ALLERGENS



TREE NUTS



MODIFY

Remove almonds to make the dish nut free.



CREDIT

Recipe by: Feasting at Home
Photo by: Chloe Steele

