



GENUINELY SOUTHERN FORESTS MIDDLE EASTERN CAULIFLOWER WITH LENTILS AND CRISPY RED ONION

Based on the classic Middle Eastern dish 'mujadara', this recipe substitutes rice with cauliflower providing a versatile vegetable dish

Gluten free | Dairy free | Vegan | Nut free

Serves 4

Ingredients

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| 1 red onion, peeled and thinly sliced | 1 tsp ground coriander |
| 1/3 cup chickpea flour | 1 tsp Baharat spice mix or curry powder |
| 1/2 tsp salt | 1 tsp salt |
| 1 x 400 g tin lentils | 1 – 2 tbsp water |
| 1/2 medium Genuinely Southern Forests cauliflower | 1 x 50g tub dried blueberries
or 3 fresh dates, chopped |
| 4 tbsp sunflower oil | 1 cup fresh coriander leaves, to garnish |
| 1 tsp ground cumin | lemon wedges, to serve |

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Method

Toss the sliced red onion together with the chickpea flour and ½ tsp salt until well combined. Heat 3 tbsp sunflower oil in a large pan and fry the red onion mixture on medium heat until golden and crispy. Spread out and drain on paper towel. Drain and rinse the lentils. Cut the cauliflower into small florets and then coarsely grate the stem. Wipe pan clean and heat remaining tablespoon of sunflower oil. Fry the cauliflower together with the ground cumin, ground coriander, Baharat or curry powder and 1 tsp salt for 2 minutes. Add the lentils and stir through with the water and fry until the cauliflower is just tender. Stir through the dried blueberries and season to taste. Serve garnished with the crispy red onion, fresh coriander and lemon wedges.

Serving Suggestions:

- Substitute broccoli for the cauliflower or use a mixture of both
- Serve as a side with grilled lamb chops and dollop of yoghurt
- Spoon over a platter of roasted baby carrots
- Use as a delicious omelette filling

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