



# Yoghurt-crusted Whole Cauliflower

SERVES: 6

## INGREDIENTS:

- 1 whole cauliflower, leaves removed, stem trimmed
- ½ cup (140g) Tamae Valley Dairy Greek Style Yoghurt
- 2 tbsp tahini
- 1 tbsp maple syrup
- 1 tbsp crushed garlic
- ½ tsp ground turmeric
- ½ tsp smoked paprika
- ½ tsp ground cumin
- 1 cup quinoa, rinsed, drained
- ¼ cup pine nuts, toasted
- ½ bunch coriander, chopped
- ½ cup pomegranate seeds
- Toasted pine nuts, extra, to serve
- Coriander leaves, to serve
- Pomegranate seeds, extra, to serve

## METHOD:

1. Preheat oven to 210°C. Line a baking tray with baking paper
2. Place the cauliflower in a large saucepan. Add enough water to cover. Place over high heat. Bring to boil. Reduce heat to medium and simmer for 8 minutes or until cauliflower is just tender
3. Meanwhile, combine yoghurt, tahini and maple syrup in a jug. Season with salt. Reserve one-third of the yoghurt mixture in a bowl for serving. Add garlic, turmeric, paprika and cumin to remaining yoghurt mixture. Combine
4. Remove cauliflower from pan and refresh under cold water. Pat dry with paper towel. Place on lined tray. Use a pastry brush to brush the yoghurt mixture over the cauliflower. Bake for 25-30minutes or until the cauliflower is tender and a golden crust forms.



5. Meanwhile, cook the quinoa in a large saucepan of boiling water for 12 minutes or until tender. Drain well. Set aside, stirring occasionally, to cool
6. Place quinoa, pine nuts, chopped coriander and pomegranate seeds in a large bowl. Season. Stir to combine. Transfer quinoa mixture to a shallow serving bowl. Top with cauliflower
7. Stir 2 tbsp of water into the reserved yoghurt mixture. Spoon over the cauliflower and sprinkle with the extra pine nuts, coriander leaves and extra pomegranate seeds. Cut the cauliflower into wedges to serve

