Cauliflower

RECIPES



Cauliflower, lemon and yoghurt dip



Total preparation and cooking time: 20 minutes + chilling time



Makes 2 large tubs



Dip can be frozen in portions

WHAT YOU NEED

1 medium head of cauliflower (florets and stem), cut into chunks

1 garlic clove, finely chopped

4 tbsps. olive oil

1 brown onion, finely chopped

1 tsp. ground cumin

3/4 cup natural or Greek yoghurt

1 tsp. lemon zest, finely grated (roughly 1 lemon)

3 tbsps. fresh lemon juice (roughly 2 lemons)

HOW TO MAKE IT:



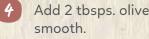
On a stove top, pour water into a medium pan to a depth of 1cm. Add the cauliflower and garlic, cover and bring to the boil over a high heat. Cook for 10 mins, drain and cool.



In a small frypan or saucepan, heat 2 tbsps. oil and add the onion and cumin, cook stirring until onion is soft.



Transfer to a large bowl and add the yoghurt, cauliflower, lemon zest and juice and blend until smooth.



Chill in the fridge for 20-30 mins and then serve with crackers and veggie sticks.





Cauliflower and coconut soup



Total preparation and cooking time: 20 minutes



Serves: 4-6



Soup can be frozen

1 tbsp. olive oil

1 brown onion, chopped

1 tsp. turmeric

1 tsp. ground cumin

3 garlic cloves, finely chopped

3 cups salt-reduced vegetable stock

1 large cauliflower head (florets and stems)

1/4 cup coconut milk

Coriander leaves to serve optional





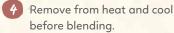
On a stove top, heat the oil in a large saucepan over a medium heat. Add the onion, turmeric, cumin and garlic. Cook until the onion is soft, stirring to coat with the spices.



Add the stock and bring to the boil.



Add the cauliflower and return to the boil. Reduce to a simmer and cook until cauliflower is soft.





Stir in coconut milk, return to the heat for 2-3 mins to warm through and then serve.

Cauliflower fried 'rice'



Total preparation and cooking time: 15 minutes



Serves: 4



Raw cauliflower 'rice' can be frozen

WHAT YOU NEED

1 tbsp. olive oil

½ brown onion, finely chopped

3 garlic cloves, finely chopped

½ cup frozen or fresh peas

½ cup carrots, finely chopped

½ cup broccoli, (florets and stem), chopped

2 eggs, scrambled

1 large cauliflower head (florets and stems). Use a cheese grater or food processor to make into 'rice'

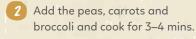
3 tbsps. reduced-salt soy sauce







On a stove top, heat the oil in a large saucepan over a medium heat. Add the onion and garlic. Cook until the onion is soft.





Stir in the scrambled eggs, cauliflower and soy sauce. Cook, stirring frequently for 5 mins.