

# Cauliflower

## RECIPES

CAULIFLOWER FLORETS



### 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

$\frac{3}{4}$  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:



1

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.



2

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



3

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

4

Add 2 tbsps. olive oil, whizz again until smooth.

5

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



#### FUN FACT:

Cauliflower comes in green, yellow orange and even purple varieties!





## Cauliflower and coconut soup



Total preparation and cooking time: 20 minutes



Serves: 4-6



Soup can be frozen



### WHAT YOU NEED:

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)

¼ cup coconut milk

Coriander leaves to serve – optional

### HOW TO MAKE IT:



**1** 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.



**2** Add the stock and bring to the boil.



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



**4** Remove from heat and cool before blending.

**5** 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



### HOW TO MAKE IT:



**1** 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.

**2** Add the peas, carrots and broccoli and cook for 3-4 mins.



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

SERVE AS A  
SIDE DISH  
OR A MAIN!