

# Spiced roasted cauliflower with lentils and tahini yoghurt

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**Typ:** Gemüse

**Quelle:** BBC Food, Dr Saliha Mahmood-Ahmed

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**Bemerkungen:** März 25: kleine Berglinsen in Wasser al dente gekocht. Mehr Ras el Hanout und mehr Olivenöl!

**Zutaten**

- 1 whole cauliflower (about 750g, cut into medium-sized florets, stalks sliced and leaves retained)
- 1 heaped tsp ras el hanout
- ½ tsp ground turmeric
- 1 tsp red chilli flakes
- 2 tbsp extra virgin olive oil
- 400 g tin green lentils, drained and rinsed
- 1 small lemon, juice only, plus extra for squeezing
- 1 tbsp olive oil
- 50 g fresh flatleaf parsley, finely chopped
- 1 heaped tsp cumin seeds
- 350 g Greek-style yoghurt
- 2 tbsp tahini
- handful pomegranate seeds
- salt, to taste
- flatbreads or pitta breads, to serv

**Rezept:** Preheat the oven to 220C/200C Fan

Place the cauliflower florets and the stalks on a large baking tray.

Mix the ras-el-hanout, turmeric, red chilli flakes and olive oil together in a small bowl.

Pour this spiced oil all over the cauliflower and use clean hands to rub the spice mix well into all the crevices of the cauliflower. Season with salt to taste. Transfer to the oven and bake for 20-25 minutes, or until the cauliflower florets are charred on the edges. Add the leaves to the baking tray 5–10 minutes before the end of the cooking time, giving everything a stir to coat the leaves in the oil.

Place the rinsed lentils in a bowl and squeeze over the lemon juice, drizzle over the olive oil and scatter over the parsley. Mix well to combine. Season with salt to taste.

Dry fry the cumin seeds in a pan over a medium heat until fragrant. Crush the cumin seeds in a pestle and mortar.

Combine the yoghurt with the tahini and the cumin. Spread this yoghurt over the base of a large flat platter.

Top the yoghurt with the cauliflower florets, then sprinkle over the lentils. Scatter over the pomegranate seeds and squeeze over some lemon juice.

Serve alongside flatbreads or pitta breads, or as part of a mezze.