

Crispy Curry Cauliflower Bites



Salad Ingredients

- 1 large head cauliflower, cut into medium florets
- 2½–3 tablespoons The Good Oil, or melted coconut oil
- 1½ tablespoons honey
- 1½ teaspoons curry powder
- ½ teaspoon turmeric
- ½ teaspoon ground cumin
- ½ teaspoon paprika
- ½ teaspoon sea salt
- Freshly ground black pepper
- 1–2 teaspoons lime or lemon juice
- ½ cup chopped nuts, such as cashews, almonds or pistachios
- Small handful of fresh coriander, roughly torn

Method

1. Preheat the oven to 200°C fan bake and line a large tray with baking paper.
2. In a mixing bowl, combine the oil, honey, curry powder, turmeric, cumin, paprika, salt and pepper. Add the lime or lemon juice and stir until you have a smooth, glossy coating.
3. Add the cauliflower and toss well, making sure each piece is evenly covered.
4. Spread the cauliflower out in a single layer on the tray, giving it space so it roasts rather than steams.
5. Roast for 25–30 minutes, turning once during cooking, until tender, golden and caramelised around the edges.
6. Transfer to a serving dish and scatter over the chopped nuts and fresh coriander.

