



WHOLE-ROASTED BABY CAULIFLOWER WITH LEMON MYRTLE & MOUNTAIN PEPPER LEAF INFUSED YOGHURT DRESSING

Prep Time: 10 minutes

Total Cook Time: 1 hour

INGREDIENTS

- 3 baby or 1 large cauliflower
- 1/4 cup natural yoghurt
- 1/4 cup lemon juice
- 2 tbsp dijon mustard
- 1 tbsp honey
- 1 tsp Lemon Myrtle
- 1/2 tsp Mountain Pepper Leaf
- 1 ½ tsp sea salt

- 4 tbsp extra virgin olive oil
- 1 ½ tsp Mountain Pepperberry, coarsely ground

This whole-roasted baby cauliflower certainly has plenty of wow factor and is one of our absolute favourite recipes. We've taken a humble cauliflower and turned it into the main attraction for your next dinner party, dressing it lavishly with our piquant Lemon Myrtle & Mountain Pepper Leaf Infused Yoghurt Dressing, before baking it in a hot oven until it's tender and golden. It's undeniably delicious!

METHOD

Method:

1. Preheat oven to 200°C and line a baking tray with baking paper.
2. Place a large steamer basket over a pot of boiling water.
3. Rinse cauliflower under cold water to remove any dust and dirt, leaving the outer leaves in tact. Using a sharp knife cut a cross in the base of the stem to allow for even cooking.
4. Place cauliflower in a large steamer basket over boiling water and season with 1 teaspoon of sea salt. Steam for 20 minutes or until the cauliflower is almost tender, but not soft.
5. Using a whisk, combine yoghurt, lemon juice, dijon mustard, honey, lemon myrtle, mountain pepper leaf and 1 teaspoon of sea salt in a medium sized bowl. Set aside until cauliflower is ready to go in the oven.
6. Remove cauliflower from steamer basket and place on lined baking tray. Rub 2 tablespoons of olive oil over the cauliflower and outer leaves. Spoon yoghurt dressing over cauliflower and place in pre-heated oven for approximately 40 minutes or until golden but not burnt.
7. Remove cauliflower from oven, drizzle with remaining olive oil and season with coarsely ground Mountain Pepperberry. Serve with your favourite roast meat and vegetables or with a large bowl of dressed and tossed garden salad.

Recipe @jules_mckie for The Australian Superfood Co. Styling & photography

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