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ROASTED VEGETABLES



DIFFICULTY

2/5



PREP TIME

45'



COOK TIME

30'



SERVES

4

INGREDIENTS

500 grs cauliflower
500 grs red onion
500 grs zucchinis
500 grs red pepper
1 fresh oregano bunch
300 ml greek yogurt
10 grs smoked paprika

For the harissa

2 smoked red pepper
1 handful chopped cilantro
smoked garlic puree (1 clove)
2 tsp olive oil
1 tsp caraway seeds

For the plating

6 tsp tahini
2 tsp pomegranate seeds
100 grs nuts
1 mint branch
10 ml olive oil

PREPARATION

- 1- Pre heat the griddle for about 15 minutes on medium heat.
- 2- Cut 2 zucchinis into 1 inch rounds, 2 red peppers into 1 inch strips, 2 red onions into wedges, and break 1 small cauliflower into florets.
- 3- Mix and season with olive oil and smoked paprika.
- 4 - Take the vegetables to the griddle. Add oregano, sea salt and olive oil on top, and cook them for about 15 minutes each side on medium heat.
- 5- For the harissa: grab the peppers, add olive oil, sea salt and wrap in foil. Take them to the secondary grate for 30 minutes on medium heat. This time, we are using calahorra red pepper.
- 6 - Decapitate one head of garlic, add olive oil, sea salt, wrap in foil and take it to the secondary grate for about 30 minutes on medium heat.
- 7 - After 30 minutes, take the peppers out of the grill and peel them with a spoon. Take the flesh to a mortar.
- 8 - Add garlic puree, one spoon toasted caraway seeds, one handful of cilantro, olive oil, sea salt, and crush with mortar.
- 9 - Take off pomegranate seeds and reserve.
- 10 - Use a nutcracker and take one handful of nuts.
- 11 - For the plating: spoon some greek yogurt over the plate, add roasted vegetables, one spoon calahorra red pepper harissa, cilantro, pomegranate seeds, nuts, olive oil, and finish with tahini.