

# Cauliflower, Couscous and Pine Nut Salad with Pomegranate

## Dressing

- 1 medium cauliflower – cut into small florets
- 1 red onion – finely chopped
- 1 cup gluten free couscous, cooked
- Half cup of toasted pine nuts
- 2 tbs currants – or the seeds from half a pomegranate
- 2 tbs red wine vinegar
- 3 tbs Ras el Hanout or any Moroccan spice blend
- quarter bunch coriander – leaves and stalks finely chopped
- quarter bunch parsley leaves – leaves picked and finely chopped
- quarter bunch mint leaves – leaves picked and finely chopped
- 1 large handful baby spinach leaves
- whole parsley leaves, a few currants and pine nuts to garnish

## Pomegranate Dressing

- 3 tbs Basketcase Pomegranate Glaze
- 1 tbs olive oil
- 1 tbs lemon juice
- sea salt and black pepper

## **DIRECTIONS**

1. Put the cauliflower, the red onion, a dash of olive oil and 2 tbs of the Ras el Hanout in a large plastic bag.
2. Shake well to coat the florets in the oil and spice mixture.
3. Tip the cauliflower and onions onto a lightly oiled baking sheet, lined with baking paper. Roast at 160c until the florets are softened and starting to take on a golden hue. Make sure the onions don't burn by placing them under the cauli.

4. Cover the currants with the red wine vinegar, bring to the boil and simmer for 5 minutes. If using fresh pomegranate seeds omit this step. Strain and reserve the currants.
5. Prepare the couscous according to the instructions on the pack, using chicken stock and orange juice instead of plain water, stir in the ras-el-hanout – or any other Moroccan spice blend.
6. In a screw top jar, combine the dressing ingredients and shake vigorously to combine.
7. Check the acidity and seasoning, then add half to the cooked cauliflower, onion mixture, the cooked couscous, currants, pine nuts, fresh coriander and the parsley – toss to combine.
8. Very lightly dress the spinach leaves and lay out on a serving platter – pile the couscous into a mound in the middle, and garnish with the reserved parsley leaves, some pine nuts and either some currants or pomegranate seeds.

This is a fragrant salad, and is delicious with a roasted chicken, or served as part of a Middle Eastern mezze meal or buffet.

**Cauliflower is a mega vegetable and is packed full of nutrients and is apparently capable of amazing things. A member of the Brassica family like broccoli, the humble cauli is high in fibre and has sulphur compounds which may help to fight cancers and help the body to eliminate toxic substances. Cauliflower is high in selenium and vitamin C and low in carbohydrate so has a low GI value..**

**Roasting the cauliflower helps to prevent gas forming in the lower intestine – as well as imparting a lovely nuttiness.**

