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Serves 1

Spiced Cauliflower Rice Salad

The Well Recipe Card

- ½ medium head cauliflower – shredded & chopped into really small pieces
- 2 tsp aromatic spice blend
- 75g leafy greens i.e. kale, savoy cabbage, broccoli, brussels etc – finely chopped
- 75g salad leaf i.e. lettuce, baby spinach, Chinese cabbage etc – chopped
- ½ red onion – finely diced
- 30g dates – chopped
- ½ tin chickpeas – drained
- ½ lemon juice

Optional: fresh tomatoes, olive oil, flaked almonds, yoghurt, tagine, feta, ricotta, flatbread

Prepare vegetables as described above.

Add 5–6 tablespoons of water to the bottom of a saucepan and bring to a boil on medium heat.

Place chopped cauliflower & a good pinch of salt into the pan stir and cover with a lid, cook on low heat for 5 minutes stirring occasionally.

Check cauliflower for doneness it should be tender and not wet, lay the cauliflower rice out on a baking tray and leave somewhere cool to chill for at least 5 – 10 minutes.

Meanwhile, in a heat proof bowl cover leafy greens with boiling water, season with salt stir and cover with a plate, allow to stand for 5 minutes before straining greens through a sieve, cool greens by running through with cold water finally squeeze greens in your hands to remove any excess water.

Place cauliflower rice & leafy greens in salad bowl along with the salad leaf, diced onion, chopped dates, chickpeas and lemon juice give everything a good stir, taste and adjust seasoning as required

Serve with any additional extras.

