



Recipe of the Week

ROAST CAULIFLOWER, CARROT & PARSNIP COUSCOUS SALAD

We're still in the season of great winter vegetables that make great winter salads which are filling enough to make a meal of their own.

Roast Vegetable Ingredients

- ½ medium cauliflower (about 400g), cut into florets
- 2 carrots, cut into 1cm-thick batons
- 2 parsnips, cut into 1cm-thick batons
- 1 red onion, cut into 2cm-thick wedges
- 2 tabs olive oil
- 1 tab maple syrup or liquid honey

Salad Ingredients

- 1 ½ cups cooked couscous or orzo/risoni pasta
- 1 tab butter
- ¼ cup dried currants or sultanas
- 120g baby spinach or rocket leaves
- ½ to ¾ cup chopped flat-leaf parsley
- Handful of mint leaves, torn
- Handful of coriander leaves
- ¼ cup flaked almonds, toasted
- Finely grated zest and juice of 1 lemon
- 50g feta, crumbled

Method

1. Preheat the oven to 220 degrees.
2. Line a large oven tray with baking paper.
3. Toss the cauliflower, carrot, parsnip and onion with the olive oil and the honey or maple syrup in the prepared tray. Season well with salt and freshly cracked black pepper. Roast for 20–25 minutes, or until the cauliflower is lightly browned and the carrots and parsnips are

caramelised. Toss once or twice during cooking.

4. Meanwhile, cook the couscous or pasta according to the instructions. Stir through the butter and the currants or sultanas.
5. Toss together the roasted vegetables, couscous or pasta, spinach or rocket leaves, parsley, mint, coriander, almonds, lemon zest and juice, feta and a drizzle of extra-virgin oil.
6. Season to taste with salt and pepper.

Recipe courtesy Nadia Lim/Sunday magazine/NZ Gardener 2018 Garden Diary