

Cauliflower couscous with cherry tomatoes and tarragon, kalamata olives and sundried tomatoes.

Recipe for 4 persons

Description

Cauliflower cut into small grains to create the illusion of a decorated couscous chives, tarragon and cherry tomatoes, sundried tomatoes and olives.

Note

Make this salad a little a head of time to make sure it macerates properly.

Ingredients

For the cauliflower couscous

- 1 Unit(s) Cauliflower
- 1 Box(es) Cherry tomatoes
- 0.50 Bunch(es) Chives
- 15 Unit(s) Pitted black olives
- 1 Unit(s) Lemon
- 0.50 Unit(s) Tarragon
- 2 Unit(s) French shallot
- 30 Ml Olive oil
- 30 Ml Parsley

- Butter
- Salt and pepper
- Vegetable oil

Preparation

- Preparation time **25 mins**

General preparation

Cut cauliflower into pièces large chunks and then place them in the food processor on pulse to reduce it to a couscous like consistency. Zest the lemons and squeeze to get the juice. Chop the shallots, olives, sundried tomatoes and chives. Cut the cherry tomatoes into quarters. Keep 3 cherry tomatoes, a few tarragon leaves to finish the plate.

Preparation for the cauliflower couscous

Remove the pieces of cauliflower in the food processor and use the PULSE to reduce the cauliflower into small pieces, similar to couscous. In a large container, add 2.5L of salted water and bring to a boil. Poach the cauliflower for 2 minutes until tender. Once the cauliflower has cooled. Add the remaining ingrédients and mix. Season with salt and Pepper.

To serve

Ideally in a sombrero plate (hollow), place your mix cauliflower couscous, complete with a few tarragon leaves and halved cherry tomatoes decoration, add a drizzle of olive oil.

Bon appétit!