

Roasted cauliflower and chickpeas with spices, yogurt sauce, parsley, lime juice, parmesan

Recipe for 4



Description

A simple vegetarian dish that will delight you and your guests.

Note

You can modify the texture of the sauce by adding cold water (moderately).

Ingredients

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- 1 Large Cauliflower
- 1 Can(s) Chick peas can (540ml)
- 1.50 Tbsp Cumin powder
- 2 Tbsp Garlic powder

- Salt and pepper
- Olive oil

Sauce

- 500 Ml Plain greek yogurt 0%
- 2 Clove(s) Garlic
- 8 Sprig(s) Parsley
- 1 Berries Lemon juice
- 1 Unit(s) Lemon zests
- 2 Dash Olive oil

- Salt and pepper
- Olive oil

Finition

- 0.50 Unit(s) Red onion
- 4 Tbsp Grated parmesan
- 4 Dash Olive oil
- 12 Leaf(ves) Parsley
- 1 Unit(s) Lime zest(s)

- Salt and pepper
- Olive oil

Preparation

- Preparation time **60 mins**
- Preheat your **Oven** at **400 F°**

Setting up

Cut the cauliflower into small florets.

Drain the chickpeas, rinse well, drain again and dry in a cloth if necessary.

Remove the leaves from the parsley, reserving some for finishing.

Remove the lime zest, lemon zest and juice.

Peel the red onion and finely chop for finishing.

Gather cauliflower heads and chickpeas. Add spices, olive oil, salt and pepper.

Mix well, place on a baking sheet lined with parchment paper.

Bake for 15 minutes, stir, then bake again for 10 minutes.

Dans un mixeur, rassemblez tous les ingrédients, mixez, assurez-vous d'un bon assaisonnement.

Vous devez obtenir une sauce verdâtre.

Assembly and Finition

Place a base of sauce in the bottom of the plate. Place the roasted cauliflower and chickpeas in the center.

Garnish with a drizzle of olive oil and lime zest.

Bon appétit!