



Roasted Cauliflower Salad with Pear and Toasted Almonds

Serves 4-6

Ingredients

1/2 small head cauliflower, cut to even pieces
1/2 small head broccoli, cut to even pieces
Handful of baby spinach and wild rocket
1 buerre bosc pear, thinly sliced
3 tablespoons extra-virgin olive oil
½ teaspoon sea salt
1 teaspoon fresh thyme, chopped
1 tablespoon honey
1 teaspoon white wine vinegar
Handful of toasted flaked almonds
4 tablespoons Mildura sultanas

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This initiative is funded by the Australian Government.





Method

1. Preheat oven to 185C.
2. Blanche cauliflower and broccoli in salted boiling water for 2 minutes, then refresh in cold water. Drain and dry.
3. Toss all the cauliflower and broccoli in olive oil and sea salt.
4. Arrange in a single layer on a roasting sheet and roast for 8-10 minutes, or just until lightly browned in parts. Let cool.
5. Whisk vinegar, honey and olive oil in a small bowl, add the chopped fresh thyme.
6. Drizzle over cooked vegetables and toss with pears, sultanas and toasted almonds.
7. Lightly mix baby spinach and wild rocket. Layer onto a platter. Place vegetable mix on top.
8. Serve warm.

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