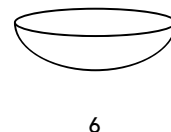
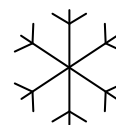
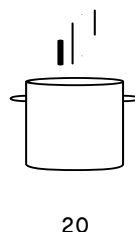
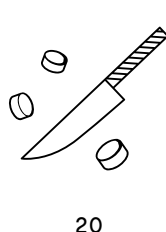




Roasted Cauliflower, Pomegranate and Date Salad

Toffee-like dates, fresh herbs, crunchy cauliflower, a salad like no other!



Ingredients

2 cauliflower heads, cut into florets
75ml rapeseed oil
Salt and black pepper

For the dressing

75ml rapeseed oil
4 tbsp The Groovy Food Company Organic Date syrup
½ tsp ground cinnamon
½ lemon juiced
1 garlic clove, finely chopped
Salt and black pepper

For the salad

150g dates, pitted and cut into quarters
3 celery stalks, thinly sliced
½ small red onion, thinly sliced
A handful of mixed salad leaves
2 tbsp chopped dill
2 tbsp chopped parsley

Directions

1. Heat the oven to 220C/450F/gas mark 8. In a bowl, toss the florets with the oil and season well. Put on to a baking tray and roast for 20 minutes, turning halfway through, until the cauliflower has browned, but still has some bite to it. Set aside to cool.
2. Add all the dressing ingredients to a mixing bowl and whisk until well combined. Season to taste.
3. To assemble the salad, put the remaining ingredients in a large mixing bowl with the cauliflower and any of the juices from the tray. Toss together with the dressing and check the seasoning. Garnish with toasted mixed nuts or seeds, if you fancy, and serve.

2 tbsp chopped coriander
2 tbsp pomegranate seeds
Salt and black pepper
Mixed toasted nuts or seeds, to garnish
(optional)