

## Cauliflower

When it comes to nutrition, cauliflower is a superstar. It's high in vitamins C and K. As a cruciferous vegetable, cauliflower is an excellent source of fiber. Fiber helps maintain healthy digestion, reducing your risk of digestive disorders. It also promotes the growth of good bacteria in your gut. Cauliflower is fat-free and cholesterol-free. And it's low in sodium.

## Whole Roasted Spiced Cauliflower

Recipe courtesy of Amanda Maiorano, Accredited Practising Dietitian (APD)

Recipe taken from Dietitians Australia website <https://dietitiansaustralia.org.au/recipes>

Accredited Practising Dietitians are nutrition professionals with the qualifications and skills to provide expert personalised nutrition and dietary advice.

 Prep Time: 20 Mins	 Cooking Time: 1 hour 10 Mins	 Serves 6
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### Ingredients:

#### CAULIFLOWER

- 1 medium cauliflower
- 1 tbsp olive oil
- 1/2 tsp salt
- 1/4 tsp pepper

#### SPICED YOGHURT DRESSING

- 1/2 cup natural yoghurt
- 1 tbsp olive oil
- 2 tbsp lemon juice
- 1 garlic clove, minced
- 1/2 tsp garam masala
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- 1/4 tsp ground turmeric
- 1/8 tsp cayenne pepper
- 1/4 tsp salt

#### GARNISH

- 2 spring onions, roughly chopped (light green parts)
- 1/4 cup coriander leaves, roughly chopped
- 2 tbsp pine nuts

## Method:

1. Preheat oven to 200°C. Remove the base of the cauliflower and drizzle olive oil on top, then season with salt and pepper. Place in the oven and roast for 45-55 minutes.
2. Meanwhile, place the yoghurt, remaining olive oil, lemon juice, minced garlic, spices and salt in a bowl and mix well to combine.
3. Remove cauliflower from the oven and spread the sauce all over, reserving approximately 2-3 tablespoons. Return to the oven and roast for another 15-20 minutes, or until tender.
4. Once cooked, remove from the oven and top with the remaining yoghurt sauce, fresh coriander, spring onions and pine nuts.

Note: to make this recipe dairy free and vegan, use coconut or soy yoghurt.

## Nutrition

Energy	471kJ ( 112 calories)
Protein	2.3g
Saturated Fat	1.6g
Total Fat	10.3g
Carbohydrates	2.3g
Sugars	1.9g
Dietary Fibre	0.9g
Sodium	305mg

Nutritional information is provided per serve