



**Westlands**

**Lottie Brook**

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## **ROAST CAULIFLOWER, BEETROOT BORANI, BROCCOLI SHOOTS**

### **INGREDIENTS**

**1** head of cauliflower – green or white

**Bunch** of baby beetroot, whole or 1 or 2 large, cut into segments

**Cumin seeds**

**Fennel seeds**

**1** large beetroot, grated finely  
**Full fat Greek yoghurt** or coconut yoghurt

**1** clove of grated garlic

**1 – 2 tsp** ground cumin

**Zest** of a lemon

**Extra virgin olive oil**

### **METHOD**

- 1.** Preheat your oven to 180C. Line a baking tray and drizzle with oil. Cut your cauliflower into sections.
- 2.** Toss with the cumin and fennel seeds, olive oil, flaky sea salt and cracked black pepper. Arrange on a baking tray roast for about 20 minutes until crispy. Roast your beets at the same time, for 10 or 15 minutes longer.
- 3.** Place your yoghurt into a bowl with ground cumin, grated garlic and grated beetroot. Add lemon zest. Stir through. Taste, Season again.
- 4.** When done, slice your beets in half. Spoon your pink yoghurt onto a plate, drizzle over some of the cooking oil. Add your broccoli shoots and arrange your cauliflower and beetroot on top. Add more shoots. Add a squeeze of lemon and a grind of pepper.

PREP TIME | 10 minutes

COOK TIME | 35 minutes

READY IN | 45 minutes