

CAULIFLOWER SALAD WITH CHICKPEAS





CAULIFLOWER SALAD WITH CHICKPEAS AND PUMPERNICKEL CRUMBS

Preparation time: 20 minutes

Cooking time: nil

Serves: 4

1 head cauliflower
8 slices pumpernickel bread
2 x 400g chickpeas, drained and
rinsed
1 cup roasted capsicums, diced
½ cup sunflower seeds, finely
chopped

¼ cup Greek yoghurt
2 Tbsp tahini
2 tsp sherry vinegar
2 Tbsp hazelnut oil
sea salt flakes and freshly-ground
white pepper

1 Remove the outer leaves of the cauliflower, then put in a food processor and pulse until it is a fine crumb. Place in a cloth and enclose, then squeeze to remove excess moisture.

2 Place the pumpernickel in the food processor and pulse until crumbly. Mix with the cauliflower, chickpeas, capsicums and sunflower seeds. Mix well.

3 Mix the yoghurt, tahini, vinegar and oil in a bowl, then season with salt and pepper. Drizzle over the salad.