

FRIED CAULIFLOWER AND SESAME SALAD





FRIED CAULIFLOWER AND SESAME SALAD WITH TAHINI DRESSING

Preparation time: 5 minutes

Cooking time: 25 minutes

Serves: 4

2 cauliflowers

8 cloves garlic, thickly sliced

2 tsp fennel seeds

½ cup extra virgin olive oil

2 tsp sesame oil

sea salt flakes and freshly-ground black

pepper

½ bunch parsley, finely chopped

¼ bunch coriander sprigs

2 green shallots, finely sliced

1 Tbsp toasted sesame seeds

2 Tbsp tahini

1 Preheat oven to 180°C. Cut the cauliflowers into florets, then toss with the garlic, fennel seeds and oils. Season with salt and pepper, then arrange in a roasting pan and bake for 25 minutes, until deep golden. Allow to cool.

2 Toss with the herbs, shallots and seeds, then drizzle with the tahini.