

# Harissa and Pomegranate Baked Cauliflower, Chickpea, Mint Yoghurt, and Pistachio Salad

**Serves 4-5**

**Hands-on Time 25 minutes**

**Baking Time 60 minutes**

## Ingredients

2 Cauliflowers  
1 tbsp Harissa paste  
1 tbsp Pomegranate molasses  
1 1/2 tbsp Olive oil  
2x 400g tins Chickpeas  
1 tsp Cumin seeds  
1 tsp Ground cumin  
1 tsp Chilli powder  
3/4 tsp Salt  
200g Greek yoghurt  
1 Lemon  
1 Bunch of mint  
250g Spinach  
100g Pistachios (shelled)

## Equipment

Knife  
Chopping board  
2 Roasting trays  
Tin foil  
Large bowl  
Small whisk or fork  
Large spoon  
Kitchen paper  
Spatula  
Mixing bowl

Preheat the oven to 180°C/160°C(Fan)/350°F/Gas mark 4.

Line a roasting tray with tin foil.

Remove the outer leaves from the cauliflowers and discard.

Portion up the cauliflowers, including the remaining leaves and stems, into bite-sized pieces.

In a large bowl, whisk together the harissa, pomegranate, and 1/2 tbsp of olive oil.

Add the cauliflower pieces to the bowl and toss until every piece is coated with the harissa mix.

Tip the cauliflower onto the foil-lined tray, ensure you scrape any of the harissa mixture over the top so none is wasted.

Drain the chickpeas and rinse a couple of times with cold water. I find it's best to fill the tins with water and drain them using the lids, that way it saves on washing up!

Pat dry using kitchen paper.

Add to the second roasting tray and drizzle over 1 tbsp of olive oil.

Sprinkle over the chilli powder, cumin powder and seeds, and stir using a spatula.

Pop both trays into the oven for 60 minutes. Put the cauliflower onto a middle shelf and the chickpeas onto a lower shelf.

Half way through gently turn the cauliflower using a spatula. Gently shake the tray containing the chickpeas in order to roll them over.

Once the cauliflower and chickpeas have finished cooking remove from the oven.

Sprinkle 1/2 tsp of salt over the chickpeas and shake the pan to coat them.

Leave both the cauliflower and chickpeas to cool in their trays.

Add the yoghurt to the mixing bowl along with 1/4 tsp of salt.

Squeeze the juice of the lemon over the yoghurt.

Chop the mint and add to the bowl.

Combine using a clean spatula.

If you are preparing the salad in advance for lunches during the week, it's best to store the components in individual containers in the fridge until the day you plan to eat.

When you're ready to serve the salad, divide the spinach by the number of people you're serving.

Add the spinach to the serving bowls before spooning some of the chickpeas into the centre.

Spoon a circle of the cauliflower around the chickpeas.

Spoon some of the yoghurt over the top.

Sprinkle over a handful of pistachios.

Enjoy!