

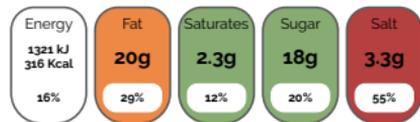


Miso glazed cauliflower,
tomato fondue & almond

WAYS TO BE WELL

Miso glazed cauliflower, tomato fondue & almond

Serves 4 | Vegan



Adults need around 2000Kcal/84000kJ a day.
Typical values per 100g: Energy 326kJ/78Kcal.

INGREDIENTS:

40ml olive oil	30g rice wine vinegar
100g onions, peeled, chopped	30g soy sauce
8g garlic, peeled, half grated,	100g miso paste
half finely chopped	30g maple syrup
8g red chilli, deseeded, half finely	20g fresh basil
chopped, roughly chopped	0.5 lime, zested, juiced
2g smoked paprika	60g flaked almonds
500g tinned chopped tomatoes	500g cauliflower
8g light brown sugar	120g rocket, washed
3g black pepper	240g heritage tomato
3g salt	
4g ginger, peeled, roughly	
chopped	

METHOD:

1. To make the tomato fondue; in a pan, heat 1 tbsp of oil, add the onions and cook until golden, then add in the 4g grated garlic and 4g finely chopped chilli and cook for a further 2 minutes. Add paprika and tinned tomatoes. Bring to the boil, add the sugar, season with 1g pepper and 1g salt. Cook for 30 mins. on a low heat until reduced by half and blend until smooth.
2. To make the miso glaze/dressing; in a food blender, blend 4g chilli, 4g garlic and 4g ginger, rice wine vinegar, soy sauce, miso paste, maple syrup, 20ml oil, 8g basil and lime zest and juice until smooth and set aside.
3. To make the salad; preheat an oven to 200°C. Roast almond flakes on a baking tray until golden, set aside.
4. Prep the cauliflower, cut into 8 – 10 wedges per cauliflower depending on the size and wash. Season with 1g salt and 1g pepper and 8ml oil. Place onto a baking tray and roast for 6 mins, remove from oven, pour over half the miso glaze and return for a further 5 mins.
5. Wash and cut the tomatoes into a mixture of wedges and slices and season with the remaining salt, pepper and oil. Roughly chop the remaining basil and wash the rocket, set aside.
6. To assemble the salad; mix half the chopped basil into the tomato fondue and the rest on to the cut tomatoes. Spoon the fondue on the bottom of a serving dish, arrange the tomatoes and half the rocket on top, followed with the miso cauliflower. Finish with the rest of the rocket, toasted almonds and miso dressing.