

# Recipes from our pub kitchen

## By Amanda Pritchett

### Roast spiced Cauliflower with pearl cous cous salad and tahini

Pearl cous - cous (Moghrabieh) is a lovely chewy addition to the salad if you can get it, but chickpeas, or pearl barley could be used instead. Raw kale and roast squash add very contrasting textures. Unlike most salads, you can eat it the next day - just bring back to room temperature.

You can make your own spice mix by toasting and grinding the following- 3 cloves, ¼ stick cinnamon, 1 tsp black peppercorns, 2 tsp cumin, 2 tsp coriander, 1 tsp allspice.

Don't omit the mint.

### Ingredients for 4

1 head cauliflower - cut into chunks

### Marinade

60ml olive oil

1 tsp middle eastern spice mix - such as - Ras el hanout or shawarma - or ½ tsp mixed spice mixed with ½ tsp paprika.

½ tsp mustard seeds

1 tsp turmeric

½ tsp black onion seeds

1 tsp salt

Up to 1 chilli chopped, depending on preference

Zest and juice of 1 lime

### Salad

160g pearl cous cous

30ml olive oil

A dash of pomegranate molasses - optional

30ml lemon juice

Salt and pepper

Half a butternut squash chopped and roasted with olive oil, salt, pepper and chilli flakes

Seeds from half a pomegranate

4 large kale leaves, stalks removed, roughly sliced

60g Herbs - 30g mint, 30g parsley and or coriander- chopped

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1/3 of a cucumber - chopped small

Half a red onion - finely chopped

### Tahini

60g tahini

30ml lemon juice

60ml water

Half a clove of grated garlic

Large pinch salt

Pinch of chilli powder

Handful of parsley - finely chopped

### Method

Pre heat the oven to 220c

Make the tahini dressing - whisk or blend the ingredients together.

Put the marinade ingredients in a bowl, add the cauliflower and toss to coat, then transfer to a roasting tray.

In the same bowl massage the kale with the lemon juice, pomegranate molasses and 30 ml olive oil.

Assemble and chop the rest of the salad ingredients and add to the bowl with the kale, mix well.

Boil the pearl cous cous in salted water for 12 minutes or until al dente, drain, toss with a splash of oil, and leave to cool for a few minutes before adding to the rest of the salad ingredients.

Roast the cauliflower for about 15 mins or until starting to char on the edges and just tender in the middle.

Mix the salad well, and pile onto the plates with the roast cauliflower and tahini spooned over.