

LAZY WOMAN'S CAULIFLOWER SOUP

Ingredients

1 tbsp butter
1 tbsp unbleached flour (gluten-free is fine too)
1 medium head cauliflower, chopped
1/2 cup chopped onions
4 cups salt-free chicken broth (vegetarians can use vegetable broth)
Sea salt (to taste)
Crushed pepper (to taste)

Method

In a medium saucepan, make a roux by melting the butter on low heat.
Add the flour and stir about 2 minutes.
Add the chicken broth, onions and cauliflower and set heat to medium.
Bring to a boil, then cover and simmer over medium-low heat until vegetables are tender (about 20 minutes.)
Puree with an immersion blender until smooth. Season with salt and pepper and enjoy on your lazy nights.

CAULIFLOWER AND CHICKPEA SALAD

Ingredients

1 whole cauliflower
1 1/2 cup chickpeas (soaked in water and the boiled to al dente)
2 tomatoes
1 onion
1 cup Greek yoghurt
1 can coconut cream
handful of coriander leaves
1 tsp roasted cumin
1 tsp roasted chilli flakes

1 tbsp extra virgin olive oil

Method

Preheat oven to max. Mix together all the marinade ingredients plus 1/2 teaspoon sea salt and 1/4 teaspoon freshly ground pepper. Drizzle the oil over the base of a medium roasting tin. Use your hands to coat the cauliflower entirely in the marinade, then sit it in the oiled tin. Spoon any leftover marinade on top. Roast for 30 minutes until the topping is set.



Splash 100ml water into the tin, then cover loosely with foil. Return to the oven and let the cauliflower steam for 30 minutes.

Meanwhile, toss the chickpeas, onion, spices and some seasoning together. Uncover the cauliflower, scatter the chickpea mixture around it, the water should mostly evaporate, if not, drain or towel-dry. Then, roast for 20 minutes further until the onion is tender and the chickpeas are crisping. The cauliflower should be golden and tender by now – when you insert a skewer through the middle, it should meet little resistance.

Stir the yoghurt and coconut cream together to make a loose dressing, then season. Fold the tomatoes, coriander and lemon juice through the chickpeas, then serve with the dressing and a drizzle of extra virgin olive oil, if you like.

KEEMA-CAULIFLOWER

Ingredients

1 1/2 cup cauliflower; grated
1 cup mince meat (beef or chicken)
1/2 cup green peas
1/2 inch ginger; chopped
Handful of garlic cloves
3-4 green chillies
2 tbsp vegetable Oil
1 tsp cumin seeds



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1 tsp coriander powder
1 tsp red chilli powder
2 tbsp yoghurt
Salt to taste

Method

Chop ginger, garlic and green chillies in a chopper. Heat oil in a non-stick pan.

Add cumin seeds and sauté until fragrant. Add ginger-garlic-green chillies and sauté for 1-2 minutes.

Add cauliflower and mix well. Add mincemeat and mix again. Add salt, mix and cook for 5 minutes.

Add coriander powder and red chilli powder and mix. Add green peas. Cover and cook on medium heat for 5 more minutes. Add yoghurt and mix. Cover and cook on medium heat for 10-15 minutes.

Garnish with more green chillies and serve with home-made "roti" or "paratha."

Photo: Collected



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