

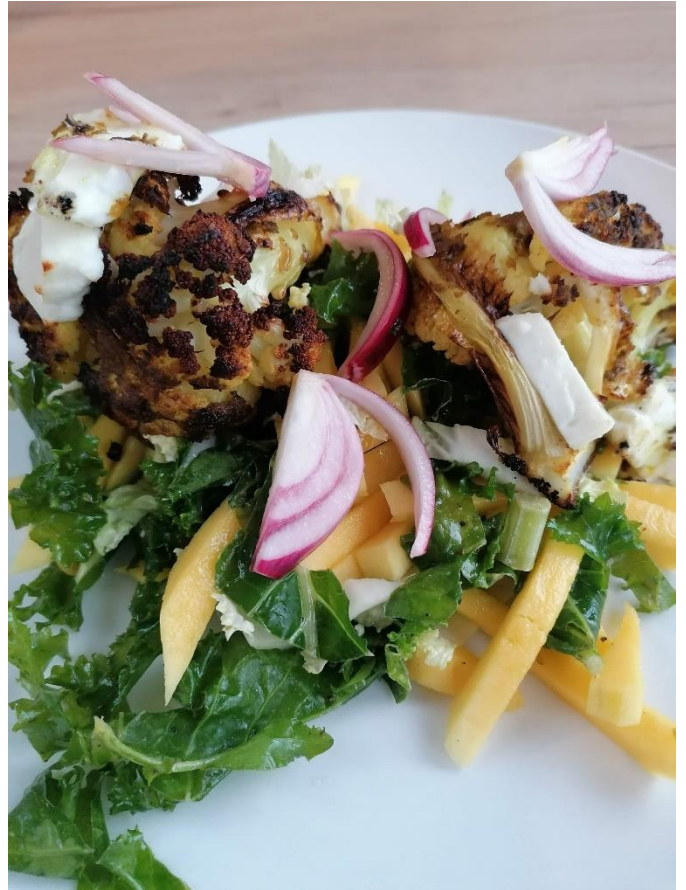


Chermoula Cauliflower Wedges with Kale & Mango Salad

There was a craze for cauliflower steaks, but you only get about 2 good slices from the middle of a cauliflower, so I've done wedges instead. A lovely supper for a warm spring day.

Serves 4

1 medium cauliflower
4 tbsp chermoula paste (I used Belazu)
1 tbsp oil
½ bag shredded kale
1 tbsp olive oil
1 tsp wine vinegar
¼ tsp Dijon mustard
pinch dried mixed herbs
1 little gem lettuce, sliced
1 unripe mango
100g feta cheese, sliced into 8 pieces
1 small red onion, finely sliced
2 tbsp red wine vinegar
1 tsp sugar



1. Heat the oven to 220C/425F/Gas7.
2. Finely slice the red onion, mix with the red wine vinegar and sugar, set aside
3. Cut through the stem of the cauliflower to make 8 wedges. Mix the chermoula paste with the oil and rub over the wedges. Put into a baking tin in a single layer and put into the oven for 15 mins.
4. Mix the olive oil, wine vinegar, Dijon mustard & mixed herbs together to make a dressing. Pick over the kale, removing any large pieces of stalk. Drizzle over the dressing and massage it well into the kale for 30 seconds to help it soften.
5. Peel the mango and slice the flesh into matchsticks, mix into the kale.
6. Once the cauliflower has baked for 15 mins, remove from the oven, lay the feta slices over the wedges and return to the oven for 3 minutes.
7. To serve, mix the little gem lettuce into the kale and mango salad, divide onto 4 plates.
8. Remove the cauliflower from the oven and place 2 wedges on top of the salad on each plate.
9. Drain and discard the vinegar from the red onion, garnish each plate with a few onion slices.

Hints Tips & Adaptations

Gluten free, dairy free, vegetarian, vegan, re-heat in a microwave..

Use a bag of spicy salad leaves instead of kale, but just drizzle over the dressing at the last minute.

Use Wensleydale cheese instead of feta.