

# RECIPE

## Cauliflower Hummus

### Ingredients

- Steam 1 whole cauliflower
- ¼ cauliflower pan-fried
- 3 tbsp olive oil
- 3 garlic cloves
- 2 chillis
- 1 Lemon juiced & zested
- Black pepper to taste
- Salt & pepper
- 2 medium capsicums
- 1 horseradish



### Method

1. Add olive oil, garlic, ¼ cauliflower (chopped), and chillies to a pan. Fry for a few minutes until garlic is cooked.
2. Add garlic clove, the whole cauliflower, lemon juice, salt, pepper and olive oil to a blender. Blend until smooth.
3. Add cauliflower hummus to a plate and top with fried ingredients. Add your favourite vegetables.