

RECIPE

Cauliflower Sabich

Ingredients

- 1 cauliflower
- Shwarma spice mix
- 4 eggs
- 1 lemon (juice)
- Tahini
- 1 red onion
- 1 tomato
- 1 cucumber
- Pitas
- Amba sauce
- Oil



Method

1. Cut your cauliflower head in half and remove the bottom. Place on an oven tray with baking paper. Then mix equal parts oil & spice mix and cover your Cauliflower with this flavouring. Roasting until golden and tender.
2. Boil your eggs for 7 mins, remove from the heat and place in cold water once the time is up. Peel the shell once they have cooled slightly.
3. With the other half of your cauliflower, begin shaving the top of it with your knife and then give it a quick chop to form the base of your couscous. Slice some red onion, diced tomato & Cucumber then add it to the couscous.
4. Juice one lemon into your tahini along with a touch of water to make the dressing.
5. Tear up some pitas, coat them lightly in some oil and the spice mix and then place them into an oven for a few mins to make your own pita crisps.
6. Time to plate – start with a base of couscous, then cauliflower in the centre, top with the Tahini & Amba, and finally place your soft-boiled egg on top.