

RECIPE

Roasted Cauliflower

Ingredients

- 1 whole cauliflower
- Hummus
- Dukkah
- Pomegranate jewels
- Mint
- Dill
- Olive oil
- Salt
- Pepper



Method

1. Steam your head of cauliflower either in a pressure cooker or Microwave with some glad wrap for 12 minutes.
2. Now coat the cauliflower with olive oil and season, then place into your air fryer at 200 degrees for 15 mins then remove from the fryer.
3. Spoon a bed of hummus on your plate, place the cauliflower on top, a drizzle of olive oil, followed by a dusting of dukkah, sprinkle with your pomegranate jewels and then garnish with some picked fresh herbs.