

Roasted cauliflower

Cauliflower has a good flavour of its own and is filling. The perfect vegan meal, also great as a side dish.

Preparation time: 45 min. · Level of difficulty: easy ·

Quantity

Ingredients for 4 people.

Ingredients

1 piece Fresh cauliflower
For the marinade:
2 tbsp Soy yoghurt or Vegenaïse
2 tsp Ground coriander seeds
2 tsp Garam Masala (ready mix)
1 tsp Ground cumin seeds
1 tsp Ground ginger
For the breading:
3 tbsp Maize flour
2 tbsp Spelt flour or wheat flour
1 tsp Flower sea salt
2 pinch Black pepper from the mill
2 pinch Turmeric
1 tbsp Cider or beer

Preparation

Bring a pot of water to the boil and add the cauliflower cut into pieces. Boil for 4-5 minutes and then drain.

Let the cauliflower cool completely and mix with the marinade ingredients in a bowl. Marinate in the fridge for 20-30 minutes.

Make a thin batter by mixing all the ingredients listed.

Dip cauliflower in batter and fry in olive oil.