



Roast Cauliflower with Cumin and Tahini

This is a simple recipe and, once you've tasted the hot roasted cauliflower straight from your oven, you'll never look at cauliflower the same way again.

Cauliflower is part of the cruciferous family of vegetables, which are known for their support in the system of detoxification of the body. Vitamin C rich cauliflower is full of antioxidant phytonutrients, providing broad-spectrum antioxidant support. Its fibre supports the digestive system and cumin seeds aid digestion.

What's in it:

1 whole cauliflower, broken up into florets
2 heaped teaspoons cumin seeds
1 tablespoon olive oil
salt and pepper
Hulled tahini paste
lemon juice
flat leaf parsley

How to make it:

Toss the cauliflower with olive oil, cumin seeds, salt and pepper, and tip onto a large roasting tray in a single layer

Roast in a hot oven (about 200C) for 20 minutes or until the edges of the cauliflower begin to go golden brown

Once out of the oven, add freshly chopped flat leaf parsley and drizzle over some hulled tahini paste thinned with lemon juice

Eat whilst warm with freshly baked fish and a spicy homemade guacamole piled on top.