



🕒 Approximately **40 min**

🔥 **355 kcal** p.p.

👤 **2 persons**

### WHAT YOU NEED

- Cauliflower: 1 pcs
- Pomegranate: 1 pcs
- Cashew nuts: 20 g
- A bunch of flat parsley: 1 pcs
- Zucchini: 1 pcs
- Lime: 1 pcs

### GOOD TO HAVE AT HOME

- Salt
- Pepper
- Olive oil
- Ground cumin: 0,5 tsp.
- Agave syrup
- Garlic cloves: 1 pcs
- Tahini: 2 tsp.
- Sweet paprika powder: 0.5 tsp.

### ALLERGENS



## PAN-FRIED CAULIFLOWER SALAD WITH TAHINI DRESSING

### PAN-FRIED CAULIFLOWER

- Clean cauliflower and divide into smaller florets. In a bowl, combine crushed garlic, sweet paprika powder, ground cumin, a dash of olive oil, a dash of lime juice, some agave syrup and 0.5 tsp. salt. Rub all over the cauliflower.
- Heat a dash of olive oil in a large pan and fry the cauliflower florets for 20 min. on medium heat until tender and lightly browned. Stir occasionally.

### OTHER INGREDIENTS

- Wash and finely slice zucchini. Using a sharp knife, cut through the peel of the pomegranate until you have 6 or 8 sections. Cut off the top part and pull the pomegranate apart. Peel off the white membranes and crumble the seeds into a bowl. Wash, dry and chop parsley. Coarsely chop cashew nuts.

### TAHINI DRESSING

- Squeeze the juice of half a lime into a bowl. Stir in a dash of olive oil, tahini, a dash of water and some agave syrup. Season with another pinch of ground cumin, some salt and pepper.

### PAN-FRIED CAULIFLOWER SALAD WITH TAHINI DRESSING, CASHEW NUTS AND POMEGRANATE

- Add the zucchini slices to the pan and toss with cauliflower. Fry for another 3-4 min. on medium heat.
- Add cauliflower, zucchini, pomegranate and parsley to a bowl. Stir to combine. Arrange on a large serving plate. Sprinkle with cashew nuts and drizzle with the tahini dressing.
- Place in the middle of the table and serve yourself with no regrets!