



Whole Roasted Tandoori Cauliflower with Mint Chutney

Serves 4-6

Ingredients:

1 large head cauliflower, washed well, leaves removed

Tandoori Marinade

Ingredients:

4 cloves garlic

1 Tbsp. minced ginger (optional as not Tasmanian)

1 Tbsp. tandoori spice blend **see recipe below

juice of 1 lemon

1 tsp. sea salt

½ cup / 120 ml thick yogurt (preferably goat or sheep)



Directions:

1. In a mortar and pestle (or food processor) smash garlic and ginger into a paste. Add the tandoori spice, lemon and salt and mix until uniform. Fold in the yogurt.
2. Place the whole of cauliflower in a large bowl and spread the marinade all over, making sure to coat the bottom as well. Place in the fridge to marinate for minimum 1 hour, maximum 12.
3. Preheat oven to 400°F/200°C. On a lined baking sheet, place cauliflower and roast until tender (45-60 minutes depending on the size of the cauliflower). Garnish with cilantro leaves, lots of lemon juice and a generous drizzle of high-quality olive oil. Serve immediately with mint chutney. Enjoy.

Mint Chutney

Ingredients:

2 cups loosely packed mint leaves

1 cup loosely packed cilantro leaves

1 shallot, minced

½ red chili, minced (optional)

juice of 1 lime

1 Tbsp. cold-pressed olive oil

a couple pinches sea salt





1 tsp. raw honey

Directions:

1. Place all ingredients in a food processor and pulse until a chunky pesto-type of sauce results. Season to taste. Enjoy with all tandoori dishes, on top of rice or legumes, or as a spread on crackers or bread. Store leftovers in the fridge. Keeps for 5 days.

****Sarah B's Tandoori Spice Blend (these spices are mostly not Tasmanian, but they are fairly crucial to making a flavorful dish)**

4 grams / 2 tsp. chili (or cayenne)

5 grams / 1 Tbsp. cardamom (ground, or seeds)

20 grams / 4 Tbsp. cumin seeds

11 grams / 2 Tbsp. coriander seeds

½ whole nutmeg, grated

5 grams / 2 tsp. whole cloves

5 grams / 2-3 sticks cinnamon

15 grams / 2 Tbsp. ground turmeric

15 grams paprika / 2 Tbsp. paprika

Directions:

1. Place all ingredients except for turmeric and paprika in a spice mill, mortar and pestle or coffee grinder. Grind until powdered. Add turmeric and paprika. Store in a glass jar away from light and heat. Will keep for up to six months.

This recipe was taken from mynewroots.org a delicious healthy food blog by Sarah B.

