

CAULIFLOWER & HERB COUSCOUS WITH POMEGRANATE

Serves 4 / PREPARE 15 MINS / COOK 20 MINS

Ingredients

1	Cauliflower, medium
2 tbsp	Olive oil
1	Pomegranate, seeded
2 large handfuls	Fresh parsley, coriander and mint
Salt and pepper	

Instructions

Pre-heat the oven to 180C.

Remove the cauliflower florets from their stalks. Add the stalks and core (chopped in small chunks) to a food processor and pulse a few times to create “grains” that remind you of cous-cous. Tip into a mixing bowl and reserve.

Now add the florets to the processor and pulse until you get the same type of grainy texture.

Add the second batch of “cous-cous” to the bowl with oil and season to taste. Mix well but gently.

Lay a large square of baking paper on a baking tray. Spread the cauliflower “cous cous” on one side and fold the other. Fold the sides to create a sealed envelope.

Steam in the oven for 20 min or until the cauliflower grains are soft.

While the “cous-cous” is steaming, chop your herbs and remove the seeds from the pomegranate. Reserve.

Carefully open the steam parcel and empty into a serving bowl, fluff with a fork and let cool down to room temperature before



Nutrifacts



Pomegranate is high in FIBRE to help intestinal transit and contains ANTHOCYANINS, the flavonoids responsible for the dark colour of its seeds, which research shows has potential benefits in many diseases including cardiovascular disease.

Cauliflower is high in VITAMIN C, to keep a healthy immune system and aid collagen production, as well as VITAMIN K which helps with blood coagulation. Cauliflower is also high in POTASSIUM that regulates blood pressure.

Parsley, mint and coriander contain very high levels of VITAMIN A, C and K to help our blood coagulate. Parsley and mint are also a great source of vegetarian IRON and CALCIUM to help our bones stay strong.