

Cauliflower salad

Ingredients required for 4 persons

Preparation time 30 minutes

Difficulty easy

Ingredients

- 1 cauliflower
- 400 g canned chickpeas
- 2 EL melted coconut oil
- 1 red bell pepper
- 0.5 TL ground coriander seeds
- 125 g basmati rice
- 1 TL cumin
- 50 g hazelnuts
- 100 ml olive oil
- juice of one lemon
- 2 cloves of garlic
- 1 TL sea salt
- pepper
- fresh parsley



Preparation

Thoroughly wash the rice in a sieve, place rice and two times the amount of water in a pot and bring to the boil. Simmer over low temperature until al dente. Meanwhile, preheat the oven to 180 °C top / bottom heat. Rinse the chickpeas and mix in a bowl with coconut oil, cumin, coriander, sea salt and pepper. Put the chickpea mix on a baking tray with parchment paper and bake for 15 minutes.

Place the hazelnuts on another tray, roast for 8 minutes and chop

roughly after baking. Wash and cut the cauliflower. Finely dice the bell pepper, mince the garlic and sauté in a pan with 2 tablespoons olive oil and the cauliflower for a few minutes.

Mix chickpeas, basmati rice, chopped hazelnuts, cauliflower and pepper. Prepare a dressing from olive oil, lemon juice, salt and pepper and pour over the salad. Garnish with fresh parsley.