**Two Roasted Cauliflower Recipes**

**Whole Roasted Cauliflower with Warm Harissa Hummus**

2 tablespoons vegetable oil

1 teaspoon ground coriander

1 teaspoon ground turmeric

1 teaspoon ground cumin

1 teaspoon chilli powder

1 cauliflower, larger leaves trimmed

2 tablespoons red wine vinegar

1 tablespoon chilli oil

½ a pomegranate, seeds scooped out

A small bunch of coriander, leaves torn

**Hummus**

2 tablespoons olive oil

½ onion, finely diced

2 cloves garlic, crushed

400g tin of chickpeas, drained and rinsed

2 tablespoons tahini

1 lemon, juiced

1 tablespoon harissa paste

Heat the oven to 200C. Put the vegetable oil and the spices into a bowl with some seasoning and mix. Add the cauliflower and toss really well, making sure the cauliflower is well covered. Put on a baking tray and roast for 1 hour 15 minutes - 1 hour 30 minutes or until the stem is tender when pierced with a knife.

Meanwhile, whisk together the red wine vinegar and chilli oil with some seasoning, then stir in the pomegranate seeds. Near the end of the cauliflower’s cooking time, heat the olive oil in a pan with the onion and a pinch of salt. Cook gently for 5 minutes until soft, then add the garlic and cook for 1 minute. Stir through the chickpeas and heat for 2 minutes until warm. Tip into a food processor with the tahini, lemon juice, harissa and 150ml of water, and whizz to a purée. Put the hummus in a small pan and keep warm until the cauliflower is ready. Serve the roasted cauliflower on the warm hummus with the pomegranate seeds and the dressing drizzled over, plus a sprinkling of coriander leaves.

**Spicy Potato and Cauliflower Burger**

Vegetable oil for frying

2 banana shallots, finely sliced into rounds

1 green chilli, finely sliced

Cornflour for dusting

2 tablespoons tamarind paste

4 burger buns, halved and lightly toasted

6 tablespoons coconut yogurt

6 medium tomatoes, sliced

1 lime, cut into wedges

**For the burger**

200g cauliflower, sliced into florets

1 tablespoon vegetable oil, plus extra for frying

500g potatoes, peeled and cut into 2cm chunks

3 tablespoons curry paste

2 fat garlic cloves, crushed

3cm piece fresh ginger, peeled and grated

1 teaspoon black mustard seeds

2-3 tablespoons milk

1 tablespoon mango chutney, plus extra to serve

Small handful fresh coriander, leaves picked and stalks chopped

Cornflour for dusting

Heat the oven to 200°C. For the burger, toss the cauliflower with 1 tablespoon vegetable oil in a baking tray and roast for 20 minutes until golden and lightly charred. Remove from the oven and allow to cool slightly, then roughly chop. Meanwhile, put the potatoes in a large pan of salted cold water, bring to the boil, then simmer for 6 minutes until tender. Drain, then set the colander over the hot pan for the potatoes to steam dry. Wipe the potato pan dry, then return to the heat. Add a splash more oil, then fry the curry paste, garlic, ginger and mustard seeds until fragrant. Remove from the heat, add the potatoes, milk, mango chutney and coriander stalks with a pinch of salt, then mash until smooth. Stir in the chopped cauliflower, then set aside to cool.

Once the mixture has cooled, dust your hands in cornflour before dividing the mixture into 4 and shaping into even-size patties about 3cm thick. Transfer to a plate or baking sheet, then chill for 30 minutes. Meanwhile, heat a splash of oil in a separate large frying pan. Toss the shallots and sliced chilli in cornflour, shaking off any excess, then fry until crisp and golden. Remove with a slotted spoon and drain well on kitchen paper. Dust the chilled patties with a little cornflour, add another splash of oil to the pan, then fry for 5 minutes or so on each side until golden on the outside and piping hot on the inside.

To serve, spread a little tamarind paste on the base of the toasted buns, then top with a good dollop of yogurt, a hot patty, sliced tomato, crispy shallot and chilli, a spoonful of mango chutney and some coriander leaves. Finally, squeeze over a little lime juice, then sandwich with the bun lid to serve.

Watch Mrs Duff’s video lesson here - <https://youtu.be/5NQ5pz_cnZo>

Sorry children, in the video I forgot to top the burger with the crispy shallots and chilli and the squeeze of lime juice…..DON’T YOU FORGET!!! ☺ ☺