



CAULIFLOWER CASSEROLE

A classical Syrian dish well loved by kids & adults.

Nutrition Facts Per Serving: Calories 684, Protein 44g, Carbs 72g, Fat 25g

Cooking process and additional ingredients added at home will affect the total value.

Preparation Time: 15 min, **Cooking Time:** 35 min



INGREDIENTS

Cauliflower
Lean Ground Beef
Onion
Garlic
Fresh Coriander

Lemon Juice
Olive Oil
Vegetable Oil
Spices & Salt
Pita Bread for Serving

METHOD

Original recipe calls for deep fried cauliflower. This provides authentic taste, However, it requires additional amount of oil (not provided) & will increase calories. We are providing two options: oven bake & air fry so feel free to use any of the three methods.

1. Place a large pot half filled with water over high heat. Bring to rolling boil, add cauliflower & blanch for about 1 minute. Remove from heat & place under running cold water to stop cooking. Leave to drain for at least 10 min. Dry with kitchen towel & set aside. **Meanwhile, preheat oven to 160C.**
2. Place a skillet over medium-high heat, when hot add half vegetable oil & heat through. Add onions & ground beef together & stir to brown the meat. Add chopped garlic, & stir for 30 seconds. Reduce heat to medium-low & continue cooking for 2mins.
3. Add half the cauliflower spices & stir. Continue cooking until most liquid has evaporated, add half the salt, then remove from heat & set aside.
4. If not deep frying, toss cauliflower with remaining vegetable oil.
5. **For cauliflower cooking:**
 - Oven cooked cauliflower: Lay the flowerets flat on baking tray lined with parchment paper in a single layer without overlapping. Place the tray on the middle rack in the hot oven & bake the cauliflower for 10-12 min, or until bottom part is golden. Turn on the other side & continue baking them for another 10-12 min until lightly caramelized on the other side & tender in middle. Take out & set aside.
 - Air fried cauliflower: Check your fryer instructions for cooking vegetables, cook as instructed. Usually cook at 180C for about 7 min, check, shake the basket then repeat if needed. When cooked as desired, remove & set aside. Avoid over cooking.
6. When all the cauliflower is ready & cooled a bit, place in a large bowl. Add the meat & the remaining cauliflower spices & toss gently.
7. Place a skillet over medium heat, add olive oil. Add garlic paste & fry stirring quickly for 30 seconds. Add half the chopped coriander & stir quickly until color changes. Remove from heat & add about ½ the lemon juice & add to the cauliflower mixture.
8. Add remaining spices to the cauliflower. Toss to coat then arrange cauliflower in a large oven tray single layered. Pour over the juices from the mixing bowl. Place in preheated oven for 20 min or until hot & bubbly, don't allow to dry. Adjust salt and lemon to taste. Sprinkle remaining coriander leaves. Serve with pita bread.