



# CAULIFLOWER VEGETARIAN

A vegetarian variation  
on a classical Syrian  
recipe

**Nutrition Facts Per Serving:** Calories 503, Protein 19g, Carb 79g, Fat 14g

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

**Preparation Time:** 15 min, **Cooking Time:** 60 min



## INGREDIENTS

Cauliflower

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 a pinch of salt, then cauliflower & boil for 3 minute. Remove to colander & 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 200C.**
2. If not deep frying, toss cauliflower with the vegetable oil.
3. **For cauliflower cooking:**
  - **Oven cooking:** Lay the flowerets flat on oven tray lined with parchment paper in single layer without overlapping. Place tray on the middle rack in hot oven & bake the cauliflower for 15 min, or until bottom part is golden. Turn on the other side & continue baking them for another 15 min until lightly caramelized on the other side. Take out & set aside. Allow to cool slightly
  - **Air frying:** Check your fryer instructions for cooking vegetables. 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.
4. When cauliflower is ready, place in a large bowl. Add the cauliflower spices & half the salt, toss gently to mix.
5. Place a skillet over medium heat, add olive oil. Add the garlic paste & fry stirring quickly for 30 seconds. Add half the chopped coriander & stir quickly until color changes. Remove from heat, add lemon juice and some water (50 ml for 2 persons, 100 for 4 and 150ml for 6 persons) & add to the cauliflower mixture.
6. Arrange cauliflower in a large oven tray single layered. Pour over the juices from the mixing bowl. Cover tightly with aluminum foil.
7. Place in the preheated oven, reduce heat to 160C and cook for about 30 min or until hot & bubbly, don't allow to dry. Adjust salt & lemon to taste. Sprinkle remaining coriander leaves. Serve with pita bread.

**BON APPETIT**