



TOTALBALANCE
PHYSIOTHERAPY BAYSIDE

Spiced Cauliflower with Tahini

1 large head of cauliflower (broken into florets)
½ teaspoon cinnamon
½ teaspoon paprika
¼ teaspoon cayenne powder
½ teaspoon fine sea salt
2 tablespoons olive oil
½ cup raw almonds
1 bunch parsley, chopped

Tahini Sauce

1 clove garlic, minced
3½ tablespoons tahini
3½ tablespoons lemon juice
2 tablespoons water (additional to thin if necessary)
1 tablespoon honey
1½ tablespoons olive oil
pinch of salt & pepper

Preheat oven to 425F. Toss the cauliflower with the spices, salt and oil. Place on a prepared baking sheet and roast in the oven until lightly browned and tender – about 25mins. Toss the cauliflower halfway through cooking.

Heat a small dry skillet over medium heat. Add the almonds and toast until lightly brown on all sides, shaking the pan as needed. Remove from the heat and when cool enough to handle, roughly chop.

Prepare the dressing by combining all the ingredients and whisking until smooth. This works best with an immersion blender or small food processor for the creamiest consistency.

Toss cauliflower with almonds, sprinkle with parsley and drizzle tahini sauce over to serve.

Enjoy!

Serves 4