

Masala Cauliflower Salad



Dish Description / Methods:

1. Preheat the oven to 230°C.
2. Floret the cauliflower into even size pieces. Drain and rinse the chickpeas. Halve, de-seed and very finely slice the chillies. Roughly chop the coriander leaves and very finely slice the stalks. Pick the mint and finely slice the larger leaves and leave some the smaller ones whole.
3. Drain and roughly chop the peppers. Wash and dry the spinach, preferably using a salad spinner.
4. Combine the chickpeas and the cauliflower florets with the tandoori paste and the 20ml of oil. Coat thoroughly. Place into the preheated oven and roast until beginning to blacken (approx. 10-12 minutes).
5. Add the remaining ingredients to the roasted cauliflower and dress with the lemon juice.

Allergens:

Mustard (May Contain), Peanuts (May Contain), Sulphites, Tree Nuts

This is a sample recipe. In the full version of the recipe pack costs and other calculations are included.

Ingredients

Supplier	Supplier Code	Commodity	Unit Weight	Quantity Used (10 Portions)
Bidfood MTD	75131	RED CHILLIS	4500	40
Bidfood MTD	98544	CHICKPEAS IN WATER	15000	880
Bidfood MTD	40056	KNORR PATAK'S TANDOORI PUNJABI PASTE	4400	100
Bidfood MTD	75468	BB - CAULIFLOWER TRIMMED..	1	1500
Bidfood MTD	75382	BB - MINI SPINACH SMALL	500	170
Bidfood MTD	75256	BB - CORIANDER	100	20
Bidfood MTD	75108	BB - MINT	100	25
Bidfood MTD	33562	Casa De Mare LEMON JUICE	6000	60
Bidfood MTD	3444	EVDAY FAV EXT LIFE VEGETABLE OIL - TIN	20000	50
Bidfood MTD	25727	Casa de Mare RED PIMENTOS	4680	390

Nutrition per portion (323g):

	Kcal	Carbohydrates	Sugar	Total Fat	Saturates	Protein	Fibre	Salt
Total	240	22.8	5.8	9.6	2	13.1	8.0	0.4
%RNI	12%	9%	6%	14%	5%	26%	27%	7%

Quality statement: The details in this document are accurate at the time of production on 28 January 2021. Products may change over time and updates can be found on our website at www.supplychain.nhs.uk/categories/food Please do check the latest issue of your supplier's technical information and labelling on products to confirm these details, for example allergens.

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