

INGREDIENTS

400g Garden Gourmet Sensational Mince
 1 large whole cauliflower
 100 g pomegranate seeds or 1/2 fresh pomegranate
 4 tbsp Mezeast Harissa Paste
 2 tbsp (vegan) yoghurt + extra for the sauce
 25 g roasted hazelnuts
 25 g pistachio nuts
 1 tbsp toasted sesame seeds
 1 tbsp coriander seed
 1 tsp anise seed
 1 tsp fennel seed
 1 tsp dried oregano
 beet greens (for garnishing)
 coriander (for garnishing)

CULINARY TIP

serving suggestion

Great with yogurt sauce: Mix 2 tsp harissa with 4 tbsp yogurt and stir in a few finely chopped coriander sprigs.

serving suggestion

Serve with side dishes such as a mixed salad with fresh figs and/or roasted rainbow carrots with thyme

preparation

Prepare the cauliflower (rubbed with harissa yogurt), and dukkah well in advance. Leave the prepared cauliflower outside the refrigerator covered with plastic wrap.



Impress your friends/family during Christmas with this delicious, eye-catching Roasted Cauliflower with Garden Gourmet Mince made into meatballs and 'dukkah'!

PREPARATION

1. Bring a large pan (about 1/3 full) with water and some salt to the boil to cook the cauliflower. Remove the leaves from the cauliflower.
2. Carefully lower the whole cauliflower (stem side down) into the hot water, bring to the boil and cook for about 8 minutes. Be sure not to overcook the cauliflower. In the meantime, mix HALF the harissa with the yogurt. Carefully remove the cauliflower from the pan with a slotted spoon and let it drain well and cool.
3. Generously rub the cauliflower with the harissa/yogurt mixture and place it on a baking dish. Preheat the oven to 180°C while you prepare the ingredients for the 'dukkah'.
4. **Dukkah:** crush the sesame seeds, coriander seeds, aniseed and fennel seeds using a mortar and pestle and mix it with the dried oregano. Bruise the nuts with the flat side of a chef's knife and roughly chop them. Roast them over medium heat in a frying pan and let them cool. Grind them a little finer in the mortar and mix it with the rest. You can add a little salt to the 'dukkah' to your own taste.
5. Place the cauliflower in the oven and let it roast until golden brown for 10 to 15 minutes. Check after 10 minutes, and increase the temperature if necessary. Take care not to burn the harissa. Pierce the cauliflower with a knife to check if it's tender in the centre.
6. Place the remaining half of the harissa paste into a large bowl with the mince and mix gently until combined. Oil your hands then taking small spoonfuls of mixture roll the mince into meatballs. Fry the meatballs in a small amount of oil in a large frying pan for 8-10 minutes over a moderate heat, turning frequently until piping hot throughout.
7. Divide some lettuce on the serving platter and place the cauliflower on top. Place the balls around it and garnish with pomegranate seeds, dukkah, beet greens and coriander.

CHECK OUT MORE RECIPES AT GARDENGOURMET.COM