

## Roasted Cauliflower and Macadamia Salad

**Serves:** 4

**Prep time:** 15 minutes

**Cook time:** 30 minutes



2 ½ serves per portion

### Ingredients

- 1 cauliflower, cut into bite-sized florets
- 1 tablespoon macadamia oil
- ¾ cup macadamias, roughly chopped
- 100g green beans, trimmed
- 3 tablespoons Dijon mustard
- 2 garlic cloves, finely chopped
- 4 tablespoons red or white wine vinegar
- 4 tablespoons olive oil
- Salt and pepper, to taste
- 2 cups baby spinach leaves
- 2 tablespoons flat leaf parsley, chopped
- 2 tablespoons pickled red onion, to serve (optional)

### Method

PREHEAT oven to 180°C.

PLACE cauliflower florets on baking tray. Drizzle with macadamia oil and toss to coat.

ROAST cauliflower in oven for 15-20 minutes or until tender. Remove from oven, place on serving dish and set aside.

PLACE macadamias on the baking tray and roast in the oven for 10 minutes, or until golden. Remove tray from oven and set aside to cool.

STEAM green beans in microwave or on stovetop until slightly tender. Remove from heat and drain.

WHISK mustard, garlic, vinegar and olive oil together in a jug to make the dressing. Season with salt and pepper to taste.

ADD steamed beans, spinach leaves, parsley, roasted macadamias and dressing to cauliflower serving dish and lightly toss.

TOP with pickled onion (optional) and serve.



Everyday Food

*Recipe courtesy of the Country Kitchens team*