

Paprika Roasted Cauliflower and Spiced Yoghurt (serves 2-4)

Cauliflower is an excellent source of vitamin C, vitamin K, folate and vitamin B6.



Ingredients | Method

1 cauliflower
1 corn cob
1 pomegranate, seeds removed and reserved
100g macadamia nuts, crushed

100ml Greek yoghurt
1 tbsp Moroccan spice
1 tsp smoked paprika
Flowers to garnish

- 1 Prepare the cauliflower by cutting into pieces roughly the size of a teaspoon. Steam for 8-10 minutes. Drain and toss in smoked paprika. Roast cauli pieces at 200°C for 6-8 minutes.
- 2 While the cauliflower is roasting, prepare the corn by cutting off the kernels and steaming for 4 minutes.
- 3 Coarsely crush macadamia nuts in food processor or nut grinder.
- 4 In a bowl, mix the yoghurt and Moroccan spice. Spoon the yoghurt mix onto serving plate, then place the roasted cauliflower on top. (The yoghurt gives the cauliflower something to stick to and helps to create height.) Sprinkle over the corn, pomegranate seeds and crushed macadamia nuts. Garnish with some edible flowers.

Note: You can use any type of edible flowers – marigold, lavender, garlic flowers or any available at the local grocery store.

Recipe #18 – courtesy of El Perro Tapas & Bar

El Perro brings the taste of Spanish and Latin food to Tasmania's Central Coast. With a modern menu, complemented by Spanish wines, beers and authentic Sangria, your lunch and dinner experiences will give you that Mediterranean escape! The restaurant is located in an absolute beachfront position in Penguin and offers indoor and outdoor seating.



Opening hours

Wednesday-Friday: 5.30pm to late
Saturday: 11am-3pm |
5.30pm to late
Sunday: 11am-4pm
Friday night music

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