

CURRY ROASTED CAULIFLOWER SALAD

adapted from ambitiouskitchen.com

Yield: 2 - 4 servings

Prep Time: 20 minutes

Cook Time: 30 minutes

Storage: refrigerate up to 4 days



Salad Ingredients

- 1 head cauliflower, cut into medium-sized florets (about 3-4 cups florets)
- 1 large sweet potato, cut into ½ inch cubes (about 2-3 cups diced sweet potato)
- 1 tablespoon avocado oil, or oil of your choice
- 1 teaspoon curry powder
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon garlic powder
- 1/2 - 1 teaspoon sea salt, to taste
- 1/2 cup thawed frozen peas (just let them sit in warm water for a bit and then drain)
- 1/3 cup dried cranberries (or substitute with golden raisins)
- 1/4 cup sliced green onion
- 1/2 cup chopped cilantro
- Optional:* 1/4 teaspoon cayenne pepper, if you enjoy more spiciness

Dressing Ingredients

- 3 tablespoons tahini
- 2 - 3 tablespoons water, may need more for thinner dressing
- 1 tablespoon fresh lemon juice
- 1/2 - 1 tablespoon maple syrup, to taste
- 1/2 tablespoon freshly grated ginger
- 1/2 teaspoon curry powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon ground turmeric
- 1/4 - 1/2 teaspoon salt, or to taste
- Generous pinch of ground black pepper, or to taste

Directions

1. Preheat oven to 400 degrees F. Place cauliflower florets and cubed sweet potatoes on a large baking sheet lined with parchment paper. Drizzle with oil, then sprinkle on curry powder, turmeric, garlic

powder, salt, and cayenne pepper (if using). Toss everything together until the vegetables are well coated with oil and spices. Spread out evenly. Roast for 30 minutes, flipping halfway in between. The cauliflower and sweet potatoes should be fork tender.

2. In the meantime, make the dressing: In a small bowl, combine all the dressing ingredients and mix well to combine. Taste and adjust seasonings. Add more water if needed to thin out the dressing. Set aside.
3. When the sweet potatoes and cauliflower florets are finished baking, add them to a large bowl. Then add in the peas, green onion, dried cranberries/raisins, and cilantro.
4. Add the dressing and gently mix until everything is well coated. Serves 2-4, depending on how hungry you are. Leftovers taste good cold or warmed up.