

Turmeric Roasted Cauliflower Salad (lowfodmap) (Copy)

Our roasted cauliflower salad with turmeric is low in calories and packed with punchy flavor. Turmeric adds lovely color and flavor to this easy vegan-friendly recipe

🕒 Preparation 40 minutes ● Total 40 minutes 4 portions

Ingredients

or	or
1 chopped cup [1/2" pieces] of cauliflower, raw [107 g]	4 tbsps of parsley, fresh [15 g]
or	or
1 tsp of spices, turmeric, ground [3 g]	50 grams of nuts, cashew nuts, oil roasted, with salt added
or	or
1 tbsp of olive oil [14 g]	5 tbsps of vinegar, balsamic [80 g]
or	or
100 grams of rice, brown, medium-grain, raw	4 tbsps of soy sauce made from soy [tamari] [72 g]
or	or
150 grams of edamame, frozen, unprepared	1 tablespoon of oil, sesame, salad or cooking [14 g]
or	or
1 cup, sections of lemons, raw, without peel [212 g]	1 tbsp of sauce, fish, ready-to-serve [18 g]
or	or
1 cup slices of cucumber, with peel, raw [104 g]	2 tbsps of syrups, maple [40 g]

Cooking method

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STEP 1 Heat the oven to 200C/fan 180C/gas 6. Put the cauliflower in an ovenproof dish or tin, add the turmeric, some seasoning and 2 tbsp oil, and toss together. Roast for 20-25 minutes until tender. Tip onto a plate and cool. STEP 2 Meanwhile boil the rice in salted water until tender, adding the edamame for the last minute of cooking, then drain well. Leave to cool, then tip into a large bowl. Add the roasted cauliflower, lemon juice, cucumber and some seasoning, and toss together. Add the herbs and toss again. Add mint for extra flavor. STEP 3 Whisk together the dressing ingredients. Divide the cauliflower and rice between plates, scatter over the cashews and drizzle with the dressing.