



TURMERIC ROASTED CAULIFLOWER SALAD [LOWFODMAP]

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

 40 minutes

 40 minutes

 4 portions

INGREDIENTS

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

COOKING METHOD

- ¹⁰ 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.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [245 g]	% DRI
ENERGY	143 kcal	351 kcal	18 %
PROTEIN	5 g	12 g	24 %
CARBOHYDRATE	18 g	45 g	17 %
SUGARS	5 g	13 g	15 %
FAT	6 g	16 g	22 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	11 %
FIBER	2 g	6 g	23 %
SODIUM	580 mg	1418 mg	59 %