

LENTIL & ROASTED CAULIFLOWER salad with Avocado and Feta

INGREDIENTS

500g Cauliflower
1 teaspoon Smoked paprika
1/4 teaspoon Garlic powder
1/4 teaspoon Onion powder
1/4 teaspoon Cumin
1 x 400g tin Lentils
1/2 bunch fresh Coriander
1 x Cob of corn

1/3 cup Feta
1 x large Avocado
Juice of 1/2 a lime
1/2 teaspoon Chili Flakes
Handful of mint leaves
Olive oil
Salt + Pepper

1 x Red onion
1/2 cup Water
1/4 cup Red wine vinegar
1/4 cup Rice wine vinegar
2 tablespoons Sugar
2 teaspoons Salt

METHOD

1. Drain and rinse the lentils then set to the side.
2. Preheat the oven to 230C. Chop the cauliflower into florets and add to a bowl. Drizzle the cauliflower with vegetable oil. Combine dried spices in a bowl then sprinkle over the cauliflower, toss to evenly coat. Then spread cauliflower on a baking tray and place it in the oven to roast for 15 to 20 minutes.
3. Remove tray from the oven, when it is starting to turn golden, add the lentils to the tray and toss with spices. Return to the oven for a further 5 to 10 minutes.
4. Peel the cob of corn, then char-grill it over an open flame, either on your stove-top or BBQ. Once the corn is charred slice the corn kernels off the cob and add the kernels to a bowl. Add the cauliflower lentil mix to the same bowl along with the fresh coriander.
5. For the avocado and feta mix; add the avocado flesh to a bowl with a squeeze of lime juice and drizzle of olive oil. Roughly smash the avocado with a fork before adding the feta, salt, pepper, mint and chili flakes. Mix everything together, keeping different textures.
6. Slice red onion about half a centrimetre thick and add to a glass jar. Add the water, vinegars, sugar and salt to a small saucepan. Place the saucepan over a high heat and bring to the boil, allow to simmer until the sugar has dissolved. Immediately pour over the red onions and set to the side.
7. To plate up, spoon the cauliflower lentil mix into a bowl then top with a spoonful of avocado and feta mix and garnish with pickled red onion.