

Cauliflower Couscous Salad

Swick

Serves 4 to 6 | Active Time: 40 minutes | Total Time:

- 1 head cauliflower, riced* (approx 4 to 5 cups cauliflower rice)
- 1/2 tsp garlic granules
- 1/2 tsp onion granules
- 1/2 tsp cumin powder
- 1/2 tsp chile flakes
- 1 tsp turmeric powder
- 1 tsp lemon zest
- sea salt, to taste
- freshly ground black pepper, to taste
- 2 tbsp olive oil, optional

To start, preheat the oven to 475°F (250°C).

To prepare the cauliflower, first, cut the head of cauliflower into smaller florets. Next, place the florets into a food processor and pulse a few times to break up the florets a bit. Continue to pulse a few more times or until the cauliflower resembles larger grains of rice or couscous.

Next, mix the cauliflower couscous, spices, and lemon zest and lightly season with salt and pepper. If desired, add a couple of tablespoons of olive oil and toss to combine.

Place the couscous onto a baking sheet lined with parchment paper and then flatten it out to ensure it cooks evenly. Roast the cauliflower for approximately 10 minutes, or until it is just barely cooked through. Note that it will continue to cook even once it comes out of the oven. Also, note that it is delicious raw, so you can't really undercook it.

In the meantime, go ahead and prepare the remaining ingredients for the salad.

Step 2: Preparing the Remaining Ingredients

- 1/3 cup roughly chopped flat-leaf parsley
- 1/2 cup roughly chopped cilantro
- 1/3 cup roughly chopped mint
- 1/3 cup toasted pistachio nuts
- 1/4 cup sliced Kalamata olives
- 2 tbsp capers
- sea salt, to taste
- freshly ground black pepper, to taste

Once all of the ingredients have been prepared, simply mix them in the with cauliflower couscous and gently fold everything together.

Note that the measurements here don't have to be exact — just know that is salad is meant to be full of flavor. So taste salad after you have tossed everything together and see if there are enough herbs, nuts, Kalamata olives, and/or lemon zest to suit your taste buds.