

Middle-Eastern Roasted Cauliflower w/ Pine Nuts & Tahini Sauce

Swick

Serves 4 to 6 | Active Time: 20 minutes | Total Time: 45 minutes

Step 1: Preparing the Cauliflower

- 1 Recipe Tahini Sauce
- 1 head cauliflower, cut into florets*
- 1 tsp ground cumin
- 2 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp cayenne pepper
- 1/2 tsp ground turmeric
- 1/4 tsp ground coriander
- pinch of cinnamon
- 1/2 tsp sea salt
- 1/4 tsp freshly ground black pepper
- 3 tbsp extra-virgin olive oil
- 1 lemon

If you have not already, first prepare the Tahini Sauce. Note that the Tahini Recipe will make more than you will need for this recipe, but leftovers will keep for at least a week in the refrigerator and the sauce is great on a variety of other vegetables and/or it can even be used as a dressing for salads, etc.

To start, preheat the oven to 450°F (230°C). Note: Depending on the size of the florets, you may want to increase the temperature of the oven. For smaller florets, the oven can be turned up to as high as 500°F (260°C).

To prepare the cauliflower, in a large mixing bowl, combine the cauliflower florets and the spices, including the salt and pepper, and toss to combine.

Next, drizzle the olive oil onto the cauliflower and toss to combine. Next, zest about half of the lemon onto the cauliflower and toss again to evenly coat the cauliflower with the spices.

Step 2: Roasting the Cauliflower

- 1/4 cup pine nuts, light toasted

To roast the cauliflower, evenly spread it out—cut side down, where possible—onto a parchment-lined baking tray.

Roast the cauliflower for about 20 to 40 minutes—tossing about halfway through cooking to ensure it cooks evenly. The cooking time will depend on the size of the florets and your oven.

About 5 to 10 minutes before the cauliflower is done, remove the tray from the oven and evenly sprinkle the pine nuts over top. Carefully shake the tray a bit to coat the pine nuts with some of the spice mixture.

The cauliflower is done once it has just cooked through and has nicely browned on the edges.

Step 3: Finishing the Cauliflower

- Tahini Sauce (from above)
- 2 tbsp roughly chopped flat-leaf parsley
- 1 tbsp roughly chopped mint, optional
- finishing salt (such as Maldon), for garnish
- freshly ground black pepper
- lemon wedges, for garnish, if desired

To finish the cauliflower, transfer it to a serving platter and drizzle with a few tablespoons of the Tahini Sauce. Note: If the Tahini Sauce is too thick, add a tablespoon or so of water until it is pourable.

Next, sprinkle the cauliflower with the chopped parsley and mint.

Lastly, season the cauliflower with a bit of finishing salt and freshly ground black pepper. Serve immediately with lemon wedges and extra Tahini Sauce on the side.

This roasted cauliflower goes particularly well with Falafels and these Moroccan Roasted Carrots and Garlic-Fried Quinoa.

Chef's Notes

Plump golden raisins also go well with this dish. If using, add the raisins at the same time you add the pine nuts to the cauliflower.