



# Whole Roasted Cauliflower



DIFFICULTY: EASY



PREPARATION TIME: 15  
MINUTES



COOKING TIME: 30 MINUTES



SERVES: 4

## Ingredients

1 x whole cauliflower, leaves included  
250g of hummus  
150g chopped hazelnuts, roughly chopped  
1 bunch of continental flat leaf parsley,  
roughly chopped  
1 pomegranate, seeded  
2 tsp z'atar spice  
Olive oil  
Murray River Pink Salt  
Freshly ground black pepper

## Method

Pull the leaves off the cauliflower and cut out the base of the stem so that the cauliflower can sit whole and stable. Drizzle olive oil all over the cauliflower and season with the z'atar spice, salt and pepper.

Roast on [CircoRoast](#) at 185°C with a [medium level of added steam](#) for approximately 30 minutes, or until it yields easily when pierced with a knife. Half way through toss the cauliflower leaves in to roast as well – they are delicious! The cauliflower should look nice and golden brown.

On a large platter, spread the hummus in generous amounts around the edges of the plate. Sit the cauliflower on top in the middle of the platter and scatter the rest of the ingredients on top and around it. Arrange roasted leaves in a fan around the cauliflower as well if you like.

Serve by cutting into wedges.

## Notes